SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 15

VANCOUVER metro®

NEWS WORTH SHARING.

Poisonous mail adds to jitters

As U.S. officials continue to hunt for Boston Marathon suspect, news emerges of ricin-laced letter addressed to Obama PAGE 7

Watches, specs getting smarter

Wearable gadgets will soon be a legitimate alternative to smartphones, technology experts predict PAGE 8

Miller doubtful for Whitecaps

Lingering hamstring injury may keep striker out of lineup as Vancouver prepares to face FC Dallas this weekend PAGE 26

JEANS GENIE

FROM LONDON TO MILAN, IT'S THE TREND THAT NEVER DIES, BUT DENIM CAN BE DULL IF IT'S NOT DONE RIGHT. TRY OUR FIVE NEW WAYS TO WEAR IT THIS SPRING PAGE 16

A look inside what's being called Canada's smallest condo, at Balance Micro-Suites near the Gateway SkyTrain station in Surrey. EMILY JACKSON/METRO

Could you get by with 297 sq. ft.?

Surrey. Development company offering what it calls the smallest condo in the country for $109,900

EMILY JACKSON
emily.jackson@metronews.ca

Welcome to what's billed as Canada's smallest condo, an all-purpose room plus bathroom that's slightly bigger than two standard-sized Vancouver parking spots.

This 297-square-foot slice of Surrey real estate could be yours — even if you make $22,000 to $55,000 a year — for just $109,900.

Sure, it may sound a little cramped for anyone who wants to host parties or doesn't live solo, but developer Charan Sethi says 600 people are registered to take a look at the 56 units when they go on sale Saturday.

Indeed, Sethi says the interest has been so great in the units — ranging from 297 to 648 square feet at the Balance Micro-Suites, just minutes away from the Gateway SkyTrain station at 10768 Whalley Blvd. — that he's already scouting sites in Burnaby and Vancouver to duplicate the model.

"Most of us have a dream of owning a brand-new space," Sethi said, and he doesn't see that changing despite skyrocketing Lower Mainland real-estate prices that prevent many folks from buying.

"Let's call a spade a spade — if you're making $17 an hour and your dream is to buy a new home in Vancouver, I'm sorry but you can't."

But going smaller will help first-time buyers get their feet in the market, he says. While Sethi, president of development company Tien Sher, admits he wouldn't live in one of the units himself, it would have been a different story at another stage of his life.

"When I just moved here, damn right I would," he said.

Potential buyers include young professionals who dine out and don't care to maintain giant backyards, seniors looking to downsize and travel in their retirement, and parents of nearby SFU Surrey university students who see the units as a better investment than renting.

The concept of small living has drawn big headlines recently, with 226-square-foot apartments renting in Vancouver's Gastown for about $750 a month.

It's also drawn attention from local artists and designers.

Designer Mathew Arthur is documenting his year living in a 45-square-foot van to reflect on home spaces in a culture of "more, more, more" and unaffordable housing.

And Alex Grünenfelder sold square-foot cardboard boxes for his "Cube Living" project to comment on what he sees as a cash-grab by developers who are dividing property into infinitely smaller pieces.

Sethi does point out, however, that it's pricier per square foot to build smaller units because more kitchens and bathrooms are needed.

Follow Emily Jackson on Twitter @theemilyjackson

fido

We've boosted the value, not the price.

$39 per month[1]

3X the Canada-wide minutes
2X the data
and so much more

- ~~150~~ 450 Canada-wide daytime minutes[2]
- ~~200~~ 400 MB of data[3]
- Unlimited international Text, Picture and Video Messaging[4]
- Unlimited Canada-wide evenings from 6 p.m. & weekends[2]
- Call Display, Voicemail[5] and, of course, no activation fees

One month free*
with a 2-year Tab24 agreement

Includes the Fido ADVANTAGE

Tab24 NEW • *Fido LiveANSWERS*™ • FidoTRADE™ • FidoDOLLARS™

FIDO STORES

ABBOTSFORD
32330 South Fraser Way, Unit 4
Meadow Fair Plaza
Seven Oaks Shopping Centre

BURNABY
Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metrotown Centre

CHILLIWACK
Cottonwood Mall

COQUITLAM
Coquitlam Centre

DELTA
109 – 9385 – 120th Street
Scottsdale Mall

KELOWNA
Orchard Mall

LANGLEY
Willowbrook Shopping Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
368 – 800 Carnarvon Street
Royal City Mall

PORT COQUITLAM
101A – 2748 Lougheed Highway

RICHMOND
4020 No 5 Road
Aberdeen Centre
Lansdowne Centre
Richmond Centre
Yaohan Centre

SURREY
135 – 17455 – 56th Avenue
12845 – 96th Avenue
9 – 3268 King George Blvd.
7488 King George Highway, Unit 505
7500 Scott Road, Unit 104
1 - 8388 – 128th Street
Central City Shopping Centre
Guildford Town Centre
Panorama Village Mall

VANCOUVER
102 – 2800 – 1st Avenue East
1191 Davie Street
6338 Fraser Street
8269 Granville Street
215 Keefer Street
3189 Main Street
1211 Pacific Blvd.
481 Robson Street
1191 Robson Street
6596 Victoria Drive
519 West Broadway
2959 West Broadway
Arbutus Village
Champlain Heights Mall
Kingsgate Mall
Oakridge Centre
Pacific Centre
Royal Centre

WEST VANCOUVER
Park Royal South

FUTURE SHOP
BEST BUY
WIRELESSWAVE
Tbooth wireless
LONDON DRUGS
COSTCO WHOLESALE
WIRELESS etc...
THE MOBILE SHOP
Exclusively where President's Choice® products are sold.
Walmart

It's time to switch. Visit a store, call 1-866-301-3436 or go to fido.ca.

Offer subject to change without notice. Comparative claims based on Fido Smart plan offered in March 2013. *Offer available until April 30, 2013, subject to change without notice. Available only on Standard and Smart plans with a new 2-year Tab24 agreement, applies only to monthly service fee of plan. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. **1.** Smart plans available monthly or with a 2-year Tab24 agreement. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. **2.** Airtime includes calls from Canada to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). **3.** Additional data: $5/200 MB, charged in $5 increments. Data transmission charges of 3¢/kB apply when roaming (0.6¢/kB in the U.S.). **4.** Plan includes messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. **5.** Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. © 2013

Larwill Park

Site chosen for new art gallery

The city has decided on its preferred location for a new Vancouver Art Gallery.

Staff are recommending the gallery be constructed opposite Queen Elizabeth Theatre at Larwill Park — a 1.8-acre city-owned parking lot at 688 Cambie St.

The proposal, estimated to be in the $300 million to $350 million range, would more than double the gallery's display area to 86,500 square feet.

The plan also calls for the closure of Cambie between Georgia and Dunsmuir streets, to create public space.

Construction, dependant on the gallery securing three quarters of its funding, would not begin until 2017, with the anticipated move-in sometime in 2019.

In a statement Wednesday night, Mayor Gregor Robertson pledged his support for the plan, which will be brought before council next week. **JEFF HODSON/METRO**

Vancouver homelessness

Fewer people sleeping on streets

Over a drizzling 24-hour stretch in early March, volunteers found fewer people sleeping on the streets than last year in Vancouver's annual homeless count.

They counted 273 people sleeping on the streets — 33 fewer than the 306 people outside in 2012.

But the dip doesn't indicate whether there are significantly fewer homeless people, since it's not clear how many people were sleeping in the 1,288 shelter beds available. If those beds were full, the total homeless population of 1,561 would be only marginally less than the past four counts.

Over the next year, the city and BC Housing will open 360 units of interim and supportive housing.
EMILY JACKSON/METRO

An emergency training exercise simulating an aircraft accident takes place at Vancouver International Airport on Wednesday. It was the largest exercise ever organized by the Vancouver Airport Authority and involved more than 600 participants and 27 agencies. ERIC DREGER/THE CANADIAN PRESS

Fake plane crash was 'largest training exercise ever' in YVR

This is only a test. Simulation involved hovercraft, volunteers, and 27 funding agencies

CARA MCKENNA
The Canadian Press
exclusively for Metro

Passengers in airplanes ascending over the Vancouver airport Wednesday may have been alarmed to see firefighters dousing the flaming wreckage of disembodied aircraft and dragging lifeless bodies out of smoking rubble.

But the elaborate spectacle — also featuring a hovercraft, a chopper, multiple ambulances and over 100 volunteers acting as injured victims and passengers — was just a training simulation for response crews to test how well they could deal with a real plane crash.

The fake scenario depicted an airplane that attempted to return to the airport but experienced complications, crashing before reaching the runway and breaking off into two parts, half in the ocean and half on land.

"Victims" trapped on floating ocean wreckage were rescued by helicopter and hovercraft, and land wreckage was dealt with by emergency crews.

The entire simulated rescue took about an hour.

In a similar, but real, 2011 disaster, a small airplane crashed while attempting to land at the Vancouver International Airport and burst into flames, killing pilot Luc Fortin and co-pilot Matt Robic.

Civilians rushed to drag the seven passengers out of the plane, but Fortin and Robic were both trapped inside the burning cockpit — Robic was in the hospital for weeks before succumbing to his burn injuries.

The simulation was an "expensive undertaking" according to Steve Hankinson of the Vancouver Airport Authority, but ultimately a necessary one.

Hankinson couldn't give an exact figure for the simulation because there were 27 agencies involved in funding it, but he said this was the authority's largest training exercise ever.

"It's a question of responders being here as quickly as possible once the alarm has gone off," he said.

"There are no hard target times."

The simulation tested responses from many agencies, including B.C. Ambulance Service, Richmond Fire Rescue, Richmond RCMP and Vancouver Airport Authority.

Planning for Wednesday's simulated emergency scenario began in 2012 and involved more than 600 participants.

Live training exercises are conducted every three years by Vancouver Airport Authority and smaller drills are done on a more regular basis.

Canadian Health Care Academy
$1000 OFF FULL TIME PROGRAM TUITION IN APRIL
Health Care Assistant Program Begins Weekly!
Only 6 months long including a 5 week practicum in a FHA or VCH Nursing Home
Nursing Unit Clerk Program Begins May 13, 2013
Only 7 months long (3 days/week) including a 5 week practicum in a FHA or VCH Hospital/Nursing Home
Practical Nursing Program
NEW CLPNBC APPROVED
Begins April 22 & August 6, 2013 | Start now 73 weeks long including clinical experiences in FHA & VCH Nursing homes & Hospitals
English, Biology, Math & Anatomy & Physiology Nursing Pre-Requisites All pre-requisites for the PN program are offered part time - free of charge. Call for start dates.
Call: 604.540.2421 | info@canadianhealthcareacademy.com | www.canadianhealthcareacademy.

$63M split four ways. 'Total disbelief' after record-breaking lotto win

Chad Seguin could hardly believe the Lotto 6-49 ticket he bought at the last minute was worth $15,853,471.

Neither could his wife, when he borrowed a man's cellphone to tell her they were millionaires.

"I said, 'Honey, I won the lottery!' She said, 'You're kidding!'" Seguin said at a BCLC news conference on Wednesday. "So the gentleman who lent me his phone went on to tell her it was true."

The 41-year-old Vancouver resident bought one of four winning tickets to Canada's record-setting $63-million jackpot at the Chevron gas station at MacDonald Street and 16th Avenue around 4 p.m. on Saturday.

When he checked his ticket Sunday morning, he was in "total disbelief" when he discovered he matched all six numbers.

"I thought, 'This is crazy' and I had to look two to three times at the number because it was so large and I didn't understand what I was seeing. I was thinking about the TV commercial about the guys fly fishing."

Meet Vancouverite Chad Seguin, 41, Canada's latest multi-millionaire. CONTRIBUTED/BCLC

Seguin will look for a new home and perhaps buy a new vehicle, but his family doesn't plan to make any huge changes.

"We won't change our life drastically, but it will definitely be a life-changer. We'll also help family and provide some financial freedom for them too."

The other two B.C. tickets were sold in Surrey, but the prizes have yet to be claimed. The lucky ticket holders still have 52 weeks from the draw date to claim the remaining cash. EMILY JACKSON/METRO

A few Pidgin protesters close to crossing the line: Police

Letter outlines offences. VPD issues warning to anti-gentrification demonstrators

EMILY JACKSON
emily.jackson@metronews.ca

Dozens have lawfully protested in front of the upscale restaurant Pidgin in Vancouver's gritty Downtown Eastside over the past few months, but police say two or three people's behaviour borders on civil disobedience.

Police took the unusual step of sending that small subgroup a letter to warn that their anti-gentrification actions are pushing the boundaries of peaceful protest. This instead of waiting for the protests to escalate and then make arrests.

"The letter is basically a tool for us to help us facilitate peaceful demonstrations," police spokesman Brian Montague said Wednesday.

"We want to make sure they understand we support the fundamental right to peaceful assembly, but when it goes beyond that we have a duty to act."

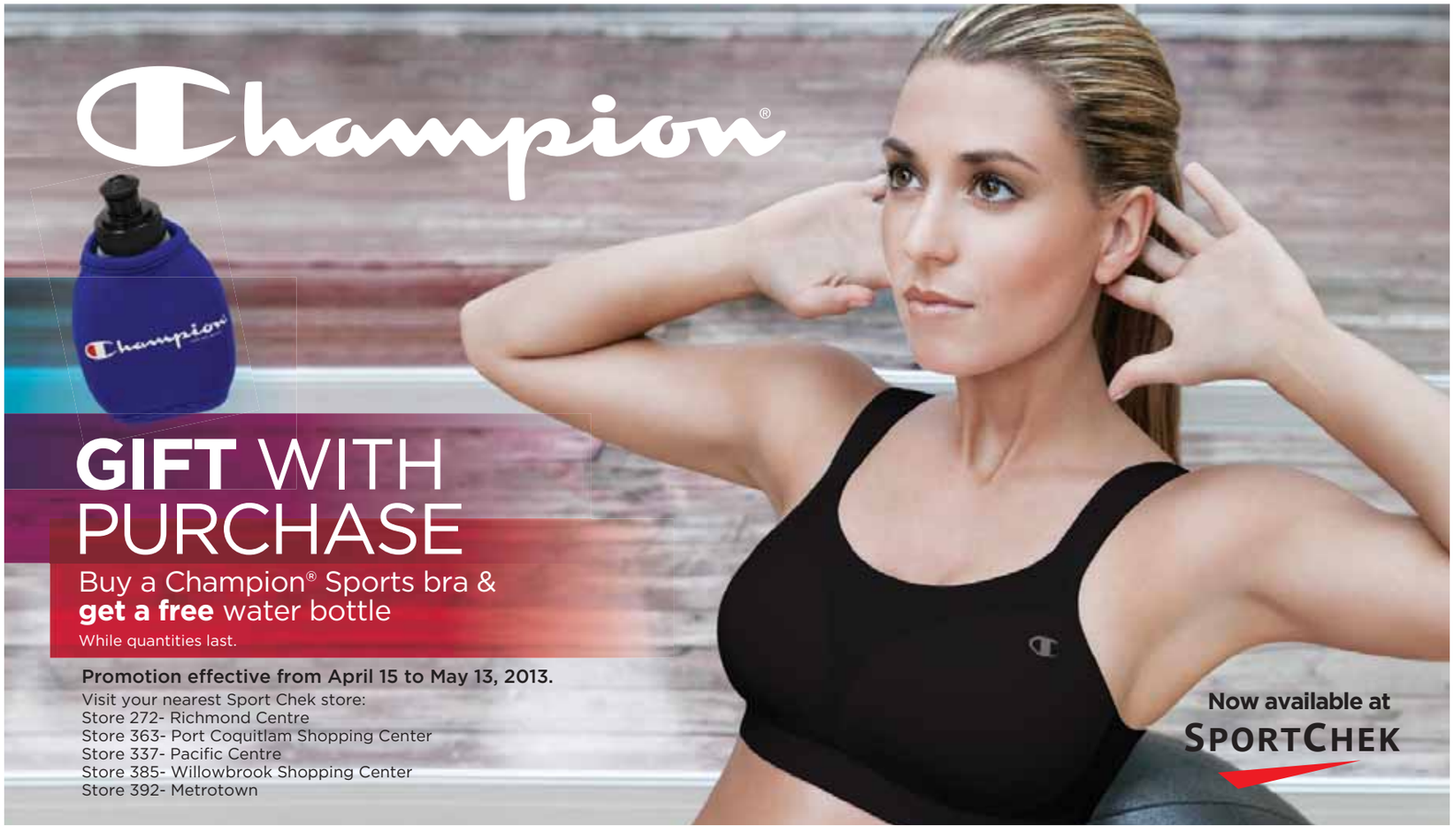
The letter outlines the offences that could lead to criminal mischief charges, such as destroying property or obstructing the lawful use, enjoyment or operation of property.

It's intended as an open dialogue in response to police observations and complaints from around the neighbourhood, Montague said.

Protesters expand their picket of Pidgin restaurant to include the site of a condo development on the 100 block of East Hastings Street on March 8. JENNIFER GAUTHIER/METRO FILE

While police hope they don't have to intervene in the protests, they will if anyone's safety is at risk, he said. Hundreds of peaceful protests take place in the city without incident every year, he added.

Police are expecting to make an arrest related to the Pidgin demonstrations shortly.


Champion®
GIFT WITH PURCHASE
Buy a Champion® Sports bra & get a free water bottle
While quantities last.
Promotion effective from April 15 to May 13, 2013.
Visit your nearest Sport Chek store:
Store 272- Richmond Centre
Store 363- Port Coquitlam Shopping Center
Store 337- Pacific Centre
Store 385- Willowbrook Shopping Center
Store 392- Metrotown
Now available at
SPORTCHEK

NDP promises will cost big time: Liberals

Campaign Day 2.
B.C.'s opposition party doesn't shy away from making pricey pledges

The Opposition New Democrats promised Wednesday to freeze ferry rates for two years while conducting an audit of BC Ferries' operations, targeting a service that coastal residents have made a sport of griping about in the face of rising fares and reductions in service.

The NDP released its plan for BC Ferries on the second day of the campaign for the May 14 election, including it among a list of platform promises that also pledged hundreds of millions of dollars for skills-training programs and post-secondary education grants.

The Liberals immediately attacked the announcements, saying the NDP had already committed to spending $1 billion, which the governing party said was far more than the province can afford.

Hey, big spender

$40M

During the audit, the NDP would spend $40 million over two years to prevent any rate increases until at least March 31, 2015.

If elected, an NDP government would launch an audit to determine how BC Ferries can save money or shift resources to keep fares low and ensure the service is meeting the needs of coastal communities, NDP Leader Adrian Dix said.

During the audit, the NDP would spend $40 million over two years to prevent any rate increases until at least March 31, 2015.

"We shouldn't forget the essential role BC Ferries plays in communities," Dix said at a campaign stop in Abbotsford.

BC Ferries is a former Crown corporation that was partly privatized by the Liberals in 2003 under then-premier Gordon Campbell.

THE CANADIAN PRESS

NDP Leader Adrian Dix makes a campaign stop at the University of the Fraser Valley in Chilliwack on Wednesday. His platform also promises student grants of up to $1,500, funded by a proposed tax on banks. DARRYL DYCK/THE CANADIAN PRESS

The BMO
Shrink your mortgage
One Day Event.

Saturday, April 20th only.

Join thousands of Canadians who are saving thousands on their mortgage with our 5-year fixed low-rate mortgage.

Come into a branch this Saturday, or visit **bmo.com/mortgageevent** to book an appointment right now.

/BMOcommunity @BMO

BMO Bank of Montreal
Making money make sense®

Applications are subject to meeting Bank of Montreal's usual credit criteria. Some conditions may apply. ®Registered trade-marks of Bank of Montreal.

Clark slaps 'tax-and-spend' label on Dix

Liberal Leader Christy Clark was on the road on Wednesday, trying to shore up support for her trailing party in bellwether ridings and to brand this election as a choice between her jobs plan and a "tax-and-spend" NDP.

Clark said the campaign promises of her New Democrat rival Adrian Dix are already adding up.

"The NDP have just promised to spend, in the last two days, another billion dollars," Clark said during a campaign stop at a concrete plant in Chilliwack.

The Chilliwack-Hope riding had been a traditional Liberal stronghold, but the New Democrats won a byelection a year ago with 42 per cent of the votes. The Conservative candidate John Martin and Liberal candidate Laurie Throness split the centre-right vote, capturing 25 per cent and 32 per cent.

Swinging both ways

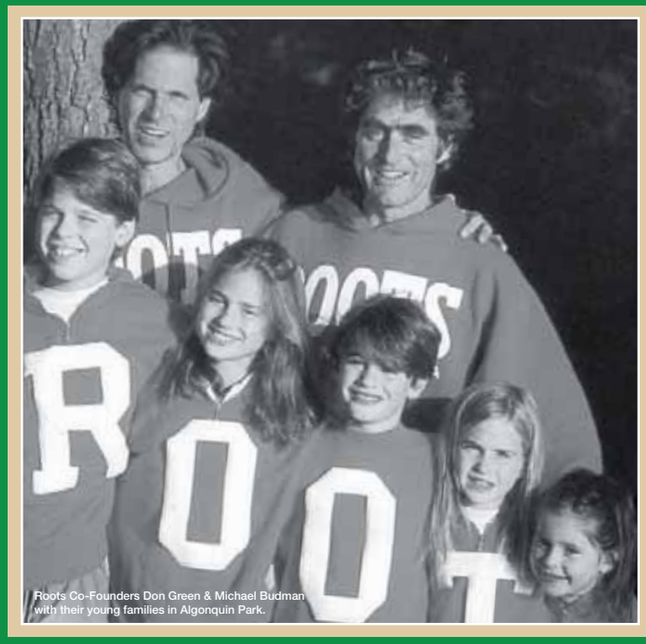
"A whole bunch of us have left the B.C. Conservatives —we've left it in droves, actually."

John Martin, former Conservative and now Liberal candidate for Chilliwack-Hope

"The message they sent was 'Hey, you guys right-of-centre, free enterprisers, you guys get your act together because if you don't unite the free-enterprise coalition, come the election, we're in trouble,'" Martin said. THE CANADIAN PRESS

Liberal Leader Christy Clark inspects a welding machine on Wednesday during a visit to Langley Concrete in Chilliwack. JONATHAN HAYWARD/THE CANADIAN PRESS

FRIENDS are FAMILY


Roots Co-Founders Don Green & Michael Budman with their young families in Algonquin Park.

25% OFF ENTIRE STORE*

JOIN US AND CELEBRATE
FOUR DAYS ONLY
THURSDAY APRIL 18TH – SUNDAY APRIL 21ST

*SOME CONDITIONS APPLY.

Roots

Shop at Roots, Roots73 and roots.com

Scourge of suicide shatters remote northern reserve

Fast help wanted. Community declares state of emergency after deaths: 'Now we have nothing left,' chief says

Two recent deaths among members of the Neskantaga First Nation have prompted the remote northern Ontario community to declare a state of emergency.

It wants fast help to stop the scourge of suicide.

The First Nation northeast of Thunder Bay has seen two of its members die over the past two weeks, throwing the fragile community of 300 into grief and fear for the stability of other families.

Chief Peter Moonias said that just as the community was burying the first victim — a man in his 30s — they learned of the death of a 19-year-old from Neskantaga living in Thunder Bay.

Moonias said police have yet to declare the second death a suicide, but he suspects they soon will.

The problems come just a few months after another young man took his life there in December, a tragedy that prompted the community to close ranks and put its youth on suicide watch.

"One suicide, we could have handled … Not easily, but we could have come back," said Moonias.

But the suicides are coming so close together that almost no one in the community has been left untouched.

And now they can't cope.

"Now we have nothing left. We have hardly anybody who is not affected in the community.

"The community situation … is in a state of shock."

Federal Health Minister Leona Aglukkaq promised the community the help they need.

"Our hearts go out to those who have lost friends and loved ones to suicide," she said in a statement Wednesday.

"Health Canada will work closely with the community and send both additional nursing and counselling staff to assist during this difficult time."

THE CANADIAN PRESS

A chief's pain

Chief Peter Moonias hopes for help from any level of government in putting together a long-term plan to confront serious problems with prescription drugs.

- **Emergency.** He estimates more than half the community's adults are addicted to OxyContin or other painkillers.

Golly! Google's going hiking

Fancy a walk with your sweetie on a secluded beach? Why not just Google it? A deal between Parks Canada and Google Maps will soon allow you to do just that. The global Internet giant's staff will drive the roads and hike the paths of national parks and historic sites by the end of 2014 using special backpack-mounted cameras. Virtual visitors will be able to stop and look around … as if they were actually there. Yes, it's a walk in the park. JONATHAN HAYWARD/THE CANADIAN PRESS

Seniors targeted

Long-lost kin? They'll scam you

Police in Windsor, Ont., are warning residents, particularly seniors, about con artists posing as long-lost relatives.

Elderly people have received phone calls from supposed relatives in Europe saying they are in Canada and require money for emergencies or large-ticket purchases.

Scammers appear to know personal information about their victims and may speak to them in their own language.

Police say in one case the suspects were mining information from a Facebook page.

While past scams have involved the wire transfer of money, police say scammers are now going to homes to pick up cash.

In two cases, Windsor families were defrauded of more than $20,000. Cash was picked up by a well-dressed South Asian man in his 30s driving a silver car.

METRO ONLINE

Boston bombing. Student snuffed out in her prime

Less than 24 hours before she died, Lu Lingzi sent an exuberant email to a professor after learning she had passed part of a major final exam.

"I am so happy to get this result!" she wrote. "Thank you very much."

Lu, 23, was killed on Monday in the Boston Marathon explosions, according to a statement from Boston University. She was a graduate student studying mathematics and statistics and was scheduled to receive her degree in 2015.

Lu was at the race with two friends from BU. One, Danling Zhou, was injured and is in stable condition, the school said.

Lu Lingzi

On Monday morning, Lu put the finishing touches on a research project she was set to present.

Lu was a vivacious chatterbox who had lots of friends on campus, said Tasso Kaper, chair of the math and statistics department. THE ASSOCIATED PRESS

West, Texas

Fertilizer plant explodes, causing many casualties

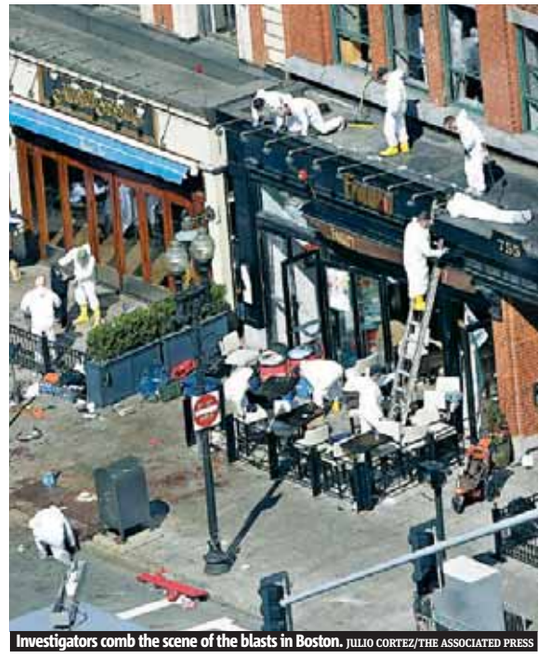
An explosion Wednesday at a fertilizer plant near Waco sent flames shooting high into the night sky, leaving the factory a smouldering ruin, causing major damage to nearby buildings and injuring numerous people.

A spokesman for the Texas Department of Public Safety said late Wednesday that an unknown number of people were killed.

There was no indication the explosion was part of an attack.

Several fires continued to burn in West hours afterward. The blast could be felt and heard many miles away. THE ASSOCIATED PRESS

Man arrested, accused of mailing poison to president


Investigators comb the scene of the blasts in Boston. JULIO CORTEZ/THE ASSOCIATED PRESS

United States on edge. Media overwhelmed by flood of news on letters, Boston bombings

America's frayed nerves found little relief on Wednesday as news emerged of a poison-laced letter addressed to U.S. President Barack Obama, while investigators endeavoured to close in on a suspect in the Boston Marathon bombings.

Agents arrested Paul Kevin Curtis, 45, in Tupelo, Miss., in connection with letters sent to Obama and a Republican senator from Mississippi. They tested positive for deadly ricin in preliminary analyses.

The Mississippi Clarion-Ledger reported that Curtis is a celebrity impersonator and an avid church-goer. He lamented the lack of prayer in schools in a recent Facebook post on the Boston bombings.

Earlier in the day, officials said they doubted the letters were linked to the bombings.

With Americans anxious for a break in the bombing case, information was being leaked to the media at a furious speed.

At one point mid-afternoon, The Associated Press cited one official as saying an arrest was imminent. CNN said an arrest had been made. Other officials shot down those reports.

Several outlets said investigators had identified a suspect from a video. CBS News reported that the bomber was on the phone when he dropped off a bag and that phone records identified the suspect. But authorities later confirmed they have an image of a suspect but not a name. THE CANADIAN PRESS

From the letters

"To see a wrong and not expose it, is to become a silent partner to its continuance."

A passage from the letters, signed "KC, and I approve this message."

Omega-3 Fatty Acids

Getting to the heart of the matter

Every 7 minutes someone dies from heart disease or stroke in Canada. Did you know that silent inflammation in the body is a major contributor to cardiovascular disease? It's true! The key to stopping silent inflammation and improving heart health is omega-3 fatty acids from fish oil.

Norwegian Gold Critical Omega
The ideal choice for someone who wants to maintain their good health.

Norwegian Gold Super Critical Omega
The ideal choice for individuals with cardiovascular issues or those concerned about optimal heart health.

Norwegian Gold Ultra EPA
The ideal choice for anyone with an inflammatory condition or wanting to lower triglycerides.

Norwegian Gold fish oil is designed with heart health in mind. Use this chart to determine which Norwegian Gold fish oil is right for you.

WHICH FISH OIL IS RIGHT FOR YOU?

A	B	C
Choose **Norwegian Gold Critical Omega** if you checked YES to **all** of the following conditions:	Choose **Norwegian Gold Super Critical Omega** if you checked YES to **any** of the following conditions:	Choose **Norwegian Gold Ultra EPA** if you checked YES to **any** of the conditions in column B plus **any** conditions below:
Normal Cholesterol Levels ☐	Elevated Cholesterol ☐	Chronic Skin Conditions ☐
Normal Blood Pressure ☐	High Blood Pressure ☐	Arthritis ☐
Normal Blood Sugar Levels ☐	High Blood Sugar ☐	Autoimmune Disorder ☐
Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
	Circulatory Issues ☐	Chronic Prostatitis ☐
		Inflammatory Bowel Disease ☐
		Asthma ☐
		Pelvic Inflammatory Disease ☐

Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

facebook.com/renewlifecanada
twitter.com/renewlifecanada

RECEIVE $3.00 OFF
your next purchase of any Norwegian Gold Fish Oil*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires May 31st, 2013.

So long smartphone, hello smart watch?

Tech trend. Some wearable computing gadgets could have mass appeal, observer says

Using wearable computing devices like smart watches and smart glasses will appeal to consumers as an alternative to pulling out their smartphones, say technology experts. You'll be able to respond to text messages or emails and make phone calls without reaching for your phone, said Info-Tech Research Group's Mark Tauschek.

"If you've got a smart watch on your wrist or you're wearing Google Glass, you're going to get those notifications on your wrist or in your eye so you don't have to reach into your holster or pocket or purse or whatever to grab your smartphone," Tauschek said.

Smart watches that cost $100 to $200 should have mass appeal and take off within two to five years, predicted Tauschek. "All you really need to get is one really useful, easy-to-use, attractive, wearable smart watch and others will follow and it will find a mass market pretty quickly."

THE CANADIAN PRESS

Smart watches

- Smart watches such as Pebble, I'm Watch and Martian use Bluetooth technology to pair with smartphones, and do some of their work. Apple, Google and Samsung are also reportedly pursuing smart watches.

You know you want it: Wearable computing devices like the Pebble smart watch and Google Glass are expected to explode in popularity over the next year, tech analysts say. THE ASSOCIATED PRESS/GETTY IMAGES/FILE PHOTOS

Easier banking.
Lower fees.

That's the genius of the CIBC Everyday® Banking Bundle

Chequing, savings, overdraft protection and your choice of credit card: all the everyday banking you need, all in one place. Bundling your accounts together just makes sense. It makes banking easier. And it saves you money on fees.

Find out which banking bundle is right for you.
At the branch
cibc.com/geniusbundles
1 877 434-1909

CIBC FOR WHAT MATTERS.

®Reg. TM of CIBC. "CIBC For what matters." is a TM of CIBC.

Tax or tariff? Bike shop owner feels deceived by budget announcement

The owner of an Ottawa bicycle shop where Finance Minister Jim Flaherty last year trumpeted the benefits of his budget says he feels misled. Despite what the federal Conservatives say, they are raising consumer taxes by increasing tariffs on goods imported from dozens of countries, Jose Bray told a news conference at his Joe Mamma bike store on Wednesday.

"It was a little misleading and I think calling it a tariff and saying we're not raising taxes is trying to pull the wool over the eyes of the consumer," he said. "I feel misled more than anything." Bray's shop was the backdrop last October for a Flaherty news conference, where the minister announced measures to be included in his 2012 omnibus Budget Implementation Act.

Flaherty said then he would not raise taxes and would give small businesses a tax credit. But the Conservatives have increased taxes, said Bray, by way of the tariffs, which will increase prices for a number of consumer products, including bicycles. THE CANADIAN PRESS

Market Minute

DOLLAR 97.41¢ (-0.58¢)

TSX 11,947.29 (-172.64)

OIL $86.68 US (-$2.04)

GOLD $1,382.70 US (-$4.70)

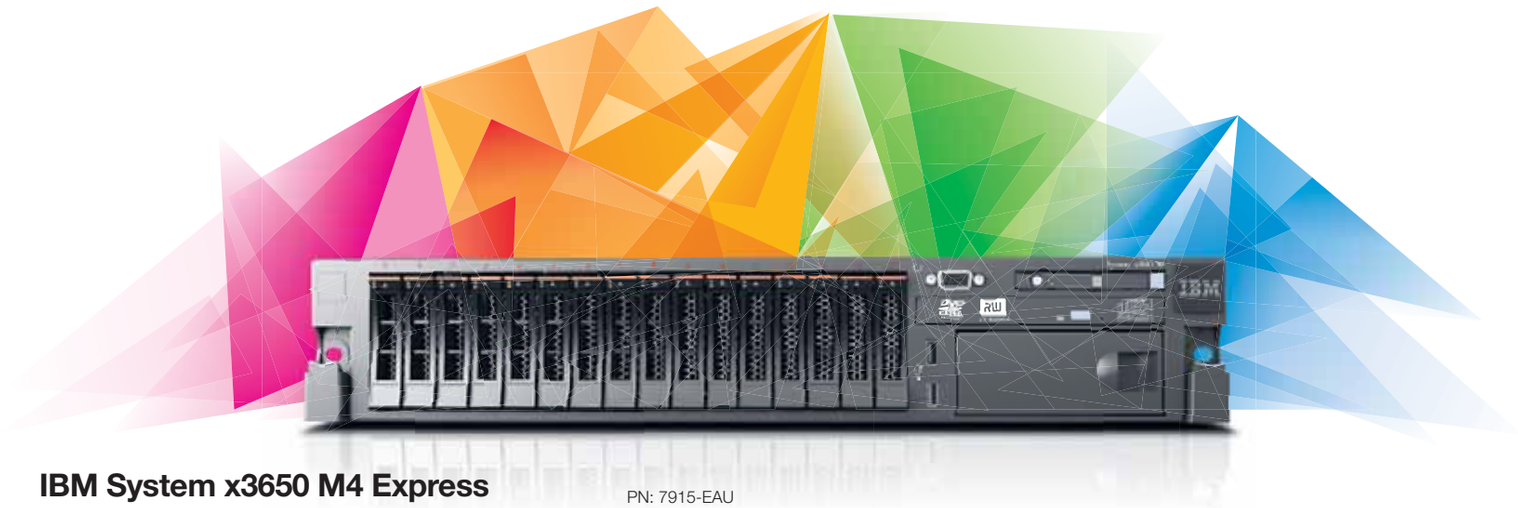
Natural gas: $4.20 (+4¢)
Dow Jones: 14,618.59 (-138.19)

NEED MONEY?
✓No credit checks
✓Fast approvals
call 1 866 499-5629
And get cash now!!
www.mynextpay.ca

Resiliency that challenges the norm.
The IBM System x3650 M4 Express server.

Business-critical solutions require a server capable of delivering steady performance even under pressure. The powerful and customizable IBM® System x3650 M4 Express® server, with the latest Intel® Xeon® processor, has a resilient architecture that is designed to operate at temperatures as high as 40 degrees Celsius for 100% of operating hours.[1] This capability can help save on power and cooling costs, and is not warranted for either HP ProLiant DL380p G8 or Dell PowerEdge R720.[2] With the added expertise of IBM Business Partners, you can address the increasing demands on your IT infrastructure.

A resilient server for your business-critical solutions.



IBM System x3650 M4 Express

$2,564

PN: 7915-EAU

- Up to two 8-core Intel Xeon E5-2600 series processors
- Up to 768 GB via 24 slots (UDIMM/RDIMM/LRDIMM/HCDIMM)
- Internal storage of up to 16 TB (2.5" model) or 18 TB (3.5" model) SAS/SATA
- 4 – 6 PCIe 3.0 ports, optional 4 PCI-X or 2 double-width PCIe (for GPU* by special bid)
- Equivalent NEBS 1/ETSI compliance for both ac and dc power supply, compliant with 80 PLUS Platinum and ENERGY STAR (model dependent)
- Sixteen 2.5" or six 3.5" HDDs or thirty-two 1.8" SSDs Hot-swap power supplies, fan modules and hard disk drives

IBM BladeCenter HS23 Express

$2,819

PN: 7875-E4U

- Intel Xeon processor E5-2600 product family, with up to 8 cores
- Up to 256 GB at 1333 MHz (assuming 16 GB DIMMs), 16 DIMM sockets – VLP Registered ECC DDR3, at 1333 or 1600 MHz
- 1 standard CIOv and 1 high-speed CFFh expansion slot
- Integrated Virtual Fabric for BladeCenter, Emulex BE3 Dual 10 Gb/1 Gb
- Supports hot-swap SAS/SATA HDDs or solid-state drives
- Support for all BladeCenter chassis

IBM Storwize V3700

$9,074

PN: 2072-S2C

- Entry disk system offers great configuration flexibility with up to 120 HDDs and SSDs (180 TB)
- Full interoperability with extensive suite of Microsoft® and VMware solutions supported
- Multi-protocol support provides consolidation flexibility – iSCSI, FC, and FCoE
- Ease-of-use with point-and-click embedded GUI modelled on IBM enterprise storage systems
- Internal virtualization, FlashCopy and Thin provisioning included at no additional charge
- Built-in data migration function to easily move data from older storage to V3700

Read the white paper
Higher data centre temperatures can help reduce costs without impacting performance.
www.ibm.com/systems/ca/resiliency

Contact the IBM Concierge to help you connect to the right IBM Business Partner.
1-866-872-3902 (mention x3650m4)

[1]Applicable to IBM System x3750 M4, x3650 M4, x3630 M4, x3550 M4, x3530 M4 and x3300 M4 server models with 95 Watt processors or below.
[2]HP ProLiant DL380p G8 supports up to 35 °C (Link: http://www.storagenetworks.com/documents/manuals/dl380p-gen8-manual.pdf). Dell PowerEdge R720 and R720xd support up to 40 °C at 10% of annual operating hours or less (Link: http://support.dell.com/support/edocs/systems/peR720/en/OM/r720omen.pdf).

IBM hardware products are manufactured from new parts or new and serviceable used parts. Regardless, our warranty terms apply. For a copy of applicable product warranties, visit http://www.ibm.com/servers/support/machine_warranties. IBM makes no representation or warranty regarding third-party products or services. IBM, the IBM logo, System x, BladeCenter, Flashcopy, Express and Storwize are registered trademarks of International Business Machines Corporation registered in many jurisdictions worldwide. Other product and service names might be trademarks of IBM or other companies. Microsoft is a registered trademark of Microsoft Corporation in the United States and/or other countries. For a current list of IBM trademarks, see www.ibm.com/legal/copytrade.shtml. Intel, the Intel logo, Xeon and Intel Inside are trademarks of Intel Corporation in the U.S. and other countries. All prices and savings estimates are subject to change without notice, may vary according to configuration, are based upon IBM's estimated retail selling prices as of 01/15/2013 and may not include storage, hard drive, operating system or other features. Reseller prices and savings to end users may vary. Products are subject to availability. This document was developed for offerings in Canada. IBM may not offer the products, features, or services discussed in this document in other countries. Contact your IBM representative or IBM Business Partner for the most current pricing in your geographic area. ©2013 IBM Corporation.

CLEAN? OVER MY DEAD BODY

HE SAYS

John Mazerolle
metronews.ca

Ah, spring! That magical time of year when a single man's fancy turns to removing from the refrigerator items that are branded "Official sponsor of the Vancouver Olympics."

Yes, it's time for spring cleaning.

According to a Wikipedia entry that I just wrote, spring cleaning as a modern ritual dates back to the 1920s, with the annual cleanup at the Slinky factory in Ohio, where workers would clean the toy springs top to bottom in time for autumn inspection.

This adjectival misunderstanding led people to dust, mop and organize their homes every spring as the weather warmed, which was convenient because those sexy outfits that maids are always wearing are terribly nippy in the winter.

The event caught on and now almost everybody does it. Even I take part in spring cleaning, despite the fact that I practise a special bachelorhood religion that considers dust bunnies sacred.

Which leads to a tricky question: Why do I do it?

God knows I don't make it easy on myself. I believe in a challenge, which is why spring cleaning is what I like to call "the only time I clean all year." Less concise, more accurate.

For most of the year, I just look around as I'm leaving for the day and think, "If I died today, would I be mortified when people open my apartment?"

In other words, my place has to be so disgusting that I would feel shame from beyond the grave. If there are no creatures with eyeballs living in the apartment and no need for the gag reflex, I'm usually satisfied. So spring cleaning is, like me, kind of a big deal.

I start by dusting the dust off the duster, taking the mothballs out of the mothballs and cleaning up the cleaners. Fully armed, I tackle the household from eye level to bottom.

I even wash the dishes, instead of my usual ritual of draining the water and resoaking repeatedly in hopes that the dishes will dissolve. If anyone ever invents a water-soluble, one-use frying pan, I'll be first in line — every morning.

Tackling the bathroom is also key. Usually there are so many pairs of underwear on the floor it looks like Judgment Day came and God took up only people who were mid-orgy.

Then there's the fridge, which doubles as a Grade 4 science project missing only the Bristol board that says "mould" at the top. The vegetable crisper (total misnomer) is often vegetable soup, and the multiple milk cartons in the door are like a retrospective: "The Best-Before Dates of 2012."

But I still go through with the cleanup. Why? Basic hygiene? Goodness, no.

It's because it feels like a chance at new beginnings. I can wipe the slate clean, dust off my dreams and wash away the memory of that night I woke up on the living-room floor with a half-eaten junior bacon cheeseburger in my pocket. Like a New Year's resolution reprise, spring cleaning is a chance to "start clean."

That way, the carpet won't be dirty when it happens again.

ZOOM

A six-legged robot — take a hike!

ALICK COTTERILL/REX FEATURES

Behold, the largest hexapod robot in the world can walk

Meet Mantis, the six-legged walking machine. The menacing robot claims to be the biggest all-terrain operational hexapod robot in the world.

Designed and built in Winchester, Hampshire, south England, after four years of research and development, it is the brainchild of Matt Denton, founder and chief designer of Micromagic Systems.

The robotic device can be piloted from within the cockpit or remotely using Wi-Fi technology. It's available now for private hire, custom commissions, events and sponsorships. **METRO**

Q and A

Creator inspired by Star Wars movie

MATT DENTON
Founder of Micromagic Systems

What inspired you to make this?

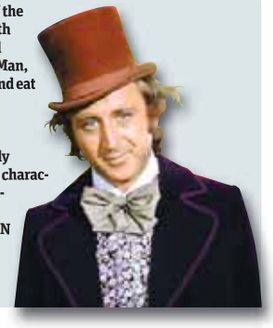
It started at a young age while watching sci-fi films such as Star Wars: The Empire Strikes Back. Seeing those imposing AT-ATs walk across a snowscape got me fascinated with the concept of using legged locomotion on vehicles. This ultimately led me to working in the film industry within animatronics.

I built my first hexapod robot back in 2001, it was about 30 centimetres long. I guess the Mantis was a natural progression. **METRO**

Clickbait

Because your Twitter feed can never have enough sarcasm, here are a couple of 'celeb' parody accounts to follow if you want to spice up your daily intake of hilarity.

@WonkaTweets:
Gene Wilder is back in a condensed, 140-character version of Willy Wonka. He makes fun of the next generation while cracking jokes with gems like, "I bet when cheetahs race and one of them cheats, the other one goes, 'Man, you're such a cheetah!' and they laugh and eat a zebra or whatever."



@DRUNKHULK:
As the name suggests, this Twitter parody account is your favourite Marvel Comics character who drunk tweets in an all-caps, first-person, poor-grammar style. One of his latest: "5.5 TONS OF NUTELLA STOLEN IN GERMANY! SOMETIME IT FEEL LIKE DRUNK HULK NOT LIVING UP TO FULL POTENTIAL!"

Letters

RE: Preschoolers Who Drink Low-Fat Milk More Likely To Be Overweight, published March 25

This is a story of another industry lie like the tobacco and sugar industry.

The dairy industry has promoted low-fat as good for your health, but actually it is good for their bottom line because they can extract more cream to make more products.

The simple science is: All that is left in the milk after the "fat" cream is removed is the sugar (lactose) so when you drink this "healthy" product you are just adding more sugar to an overloaded, Western, sugary diet. The little fat left in the three per cent milk actually works to reduce and slow the sugar uptake, and adds more food value to the milk, which is healthier. One day, hopefully, all these lies will be shown: the sugar poison, the fat-free, high-sugar products.

I don't buy organic, I'm just concerned about the poor Western diet and the lies we are told. **44fourty posted to metronews.ca**

RE: UBC Study Reveals Most People Don't Know A Woman's Eggs Are As Old As She Is, published March 27

This article left me feeling depressed. I'm 34 years old, and not even close to having children, even though I dream of having few.

It's a grim reminder of how quickly life passes, and the pressure we women are under. **Agnieszka Jeglinska posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** #250 - 1190 Homer Street Vancouver, BC V6B 2X6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Easing the stress of moving.

Moving day is near; stress levels are up. You're surrounded by boxes, you're running out of packing tape, and your list of tasks seems to be getting longer. Plus, you still have to make dinner. But as you slice, stir and season, you can't shake that nagging feeling that you've missed something: Have I confirmed the movers? Have I set up the new hydro account? Have I booked time off work? And then there's the mail. Have I notified everyone I need to about my change of address?

Plus, with identity theft on the rise, the Change of Address service helps keep your personal information safe by making sure it stays in your hands.

Also, if you schedule your address change 30 days in advance, you will have a chance to win $1,500*. So take the headache out of moving with Canada Post's Change of Address service. It's easy, it's safe – and it gives you a chance to win $1,500.

Research consistently shows that moving is one of the most stressful of life events.

Stress feeds not just on the act of moving, but on all those annoying tasks that need to get done before the big day. So it's no wonder that movers flock to services that can lessen their load – like the Change of Address service offered by Canada Post. With the Change of Address service, Canada Post forwards all your mail to your new address. You can sign up online, and you can schedule when your service will take effect. One reason movers like this service: peace of mind. You don't have to worry about whether you've notified all the necessary companies, government agencies, friends and family about your new address before you move. You can take your time and do it when it's more convenient. Meanwhile, you'll still receive the mail that's been sent to your old address.

When you're moving,

make this your first move.

Schedule your change of address online.

Doing it early can really pay off.

You could win
$1,500

Changing your address early not only gets it off your moving 'to-do' list, but you can rest assured your mail will be forwarded to your new address starting on the date of your move. And when you schedule your new address online at least 30 days before you move, you'll be entered for a chance to win $1,500*.

Change your address early.
Visit canadapost.ca/makeyourmove

CANADA POST / POSTES CANADA

***No purchase necessary.** Contest runs from 12:00:00 a.m. Eastern Daylight Time ("EDT") on April 8, 2013 and ends on 11:59:59 p.m. EDT October 31, 2013. Contest is open to individuals who reside in Canada, are over the age of majority in their province or territory of residence, are not employees of Canada Post or Promotion Solutions, and who purchase Canada Post's residential permanent change of address service at least 30 days in advance of their move date. One prize with a value of $1,500.00 (CDN) is available to be won in each of seven prize periods (approx. 30-day period) during the contest. Odds of being selected depend on the total number of eligible entries received. Selected entrants must answer a mathematical skill-testing question and sign a release. Full contest rules are available at **canadapost.ca/makeyourmove.**

SCENE 2

Giselle leaps onto Q.E. stage

Three days only.
Iconic ballet gets a modern overhaul

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

My inflexibility is legendary.

In fact, I once pulled a hammy getting out of bed.

Alas, a life in dance was never in the cards for me. But that doesn't stop me from irregularly getting my always-awkward dance on.

That said, if you're looking for something a little more fluid, let me dance-walk you in the direction of Ballet BC's Giselle, which premieres next week at the Queen Elizabeth Theatre in Vancouver.

Resident Ballet BC choreographer José Navas has modernized what many consider to be the quintessential Romantic ballet (it premiered at the Paris Opera in 1841), and artistic director Emily Molnar says that, by commissioning the work, Ballet BC is investing in the future of the art form.

"We know that as a leader of contemporary ballet in Canada, it is our responsibility to ensure that ballet maintains a relevant and meaningful place in the world today.

"This will be the first time in our history that we take on the enormous creative challenge of reinventing an iconic ballet and presenting it from a modern perspective.

"This version of Giselle will tell the story through elements that are the narrative equivalents in our contemporary urban lives, making it relevant to 21st century audiences," she says.

The piece also signals the end of Navas' three-year residency with the company.

"I am aiming for the audience to have a strong emotional experience to this story and its universal themes, ones that continue to resonate in our day," he says.

"The production is not driven by realism.

"There will be a stage within the stage and the audience will see the performers undergoing the transformation from ordinary person on the outer stage to the character in the ballet on the inner stage."

Giselle runs from April 25 to 27 at the Q.E. Theatre. Tickets ($22.25 - $70) are available at Ticketmaster.ca. More information at BalletBC.com.

Metamorphosis

"The production is not driven by realism.... The audience will see the performers undergoing the transformation from ordinary person on the outer stage to the character in the ballet."

José Navas, Ballet BC choreographer

The Phantom is Bach

Here's something a little different: The Vancouver Bach Choir will be performing The Phantom of the Opera, a specially commissioned work from Canadian composer Andrew Downing. Created as a score for the silent film of the same name, the choir (and chamber ensemble) will perform it live while the film screens. It all goes down Saturday night at the Orpheum.

Tickets $25-$59.

More info at VancouverBachChoir.com.

Ballet BC dancer Alexis Fletcher performs in Giselle next week at the Queen Elizabeth Theatre.
MICHAEL SLOBDIAN/SUBMITTED

How do I become a Dentist ?

Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

Tracy Moore and Brian Gluckstein finding some magic in the Disney Kingdom. HANDOUT

When you wish upon a star dreams come true

Winning. Rogers, Cityline and Breakfast Television team up with Disney and WestJet in the biggest contest of its kind

VAWN HIMMELSBACH
scene@metronews.ca

There's winning a trip — and then there's winning a trip with your family to Disney, being treated like a VIP from the moment you set foot in the airport and having a chance to win prizes that money can't buy while hanging out with on-air personalities on live television. It's the biggest contest of its kind offered by Rogers Media, Cityline and Breakfast Television in partnership with Disney Parks and WestJet Vacations. City gave away a total of 32 vacation packages, including return airfare to Orlando, accommodations at Disney's Magic Kingdom, a $600 US Disney gift card and theme park passes.

The winners will be taking over Disney World in Florida on Apr. 22 and 23 — and viewers will get a chance to share the excitement and even win a trip.

But what makes this contest different is that winners will be given an opportunity to compete, on air, for prizes that money can't buy, said Kevin Forget, producer of Breakfast Television Toronto, adding that you have to watch the shows for details on the prizes.

The party will start from the time they check in at the airport, where they'll receive "teal" carpet treatment from WestJet, said Jordan Schwartz, vice-president of in-house productions with Rogers Media. They'll also get to experience the park before it opens to the general public, spend time with on-air personalities from across Canada and take part in live broadcasts. And, for viewers, there will be plenty of entertainment from Canadian TV hosts and guest experts.

Dreams could still come true for viewers at home, who have a chance to win a prize pack from Disney and WestJet during the live broadcasts.

Quoted

"We have been wanting to go on a family vacation for years, but at this stage in life couldn't afford to take all of us to Disney. ... Our boys are at a great age to experience Disney. We hope to see as much as we can, make lots of memories and maybe find some time to relax." Shannon Latimer, Vancouver

Broadcast details

Cityline will air from the Magic Kingdom on April 23 at 9 a.m. ET on City

- **Dates.** Breakfast Television Toronto will broadcast two shows from the Magic Kingdom on April 22 and 23 from 5:30 to 9 a.m. ET on City
- **Broadcasts.** Breakfast Television in Vancouver, Calgary, Edmonton and Winnipeg will air live segments throughout their regular broadcasts on April 22 and 23 on City

Online extras

Behind the Disney curtain

ELISHA DACEY
Metro Winnipeg

When I told my five-year-old she was going to Disney World, there was stunned silence. Then a gasp. Then a party broke out in our kitchen.

Thanks to the kind folks at City, WestJet and Disney, myself, my husband, Andy, and my Bean are going to Disney World in Orlando for five days next week as part of the City in Disney event. I plan to write about some Disney tips and tricks — stories you'll only be able to find on the Metronews.ca website. It will include exclusive behind-the-scenes looks at what it takes to put a TV show together in Disney.

Elisha Dacey is the managing editor of Metro Winnipeg. Follow her on twitter @elishadacey.

Meet Morgan Freeman, the superfan

New movie. The iconic actor only needed to hear that Tom Cruise was starring in Oblivion to make him want to take part in the blockbuster film

TODD GILCHRIST
Metro World News

In Oblivion, Morgan Freeman plays Beech, the leader of a group of guerrilla soldiers fighting against Tom Cruise and his scientist-soldier companions for the fate of a post-apocalyptic Earth. But keeping in line with his previous roles as the leader of the free world and even God himself, Freeman's own hopes for what our future would look like are pretty peaceful and pastoral.

"We would all live in trees," the actor explains. "We would walk wherever we went. The planet would be rejuvenated. We wouldn't be killing off all the animals just to feed us."

Oblivion marks the first time that Freeman has worked with Cruise, and in spite of being the sort of actor others clamour to share the screen with, he admits that he was swayed by the possibility of their collaboration.

"If I was going to be a truck driver hauling supplies (for this film), I would have taken the job," Freeman says. "I'm one of his huge fans — I have been one for I don't know how many years."

He admits that the role of Beech was initially less substantial in the script, but the prospect of working on something with such an enormous scale — and with an enormous star — proved too irresistible to pass up.

"If you compare the script to the movie, they don't compare," he admits. "But I was excited by the script (and) the movie is so much more than what you read on the page. But it's a big science-fiction film with Tom Cruise. It's hard to go wrong."

At 75, Freeman has tackled virtually any challenge an actor might face. But he insists that the ever-changing nature of his work is what helps him maintain enthusiasm for his profession, his art.

"I enjoy it every single day," Freeman insists. "I was born to do this. It's not like I have to get up every morning Monday through Friday and go to a job. A movie begins and it ends in a relatively short period of time, so in a given period of time — let's say a year — you can have three, four or five different experiences, which is kind of exciting."

That variety of experiences had made him not just a star, but an icon — and a beloved public figure. But Freeman says he's come to terms with the responsibilities of celebrity-hood, even if his priority remains the work itself.

"One of my movie heroes, Humphrey Bogart, was asked a question about pictures, autographs and the public," Freeman remembers. "Bogart said, 'I don't owe the public anything but a good performance,' and I tried to take that to heart, but not quite so. You can't quite get away from it.

"I don't do autographs," he explains. "They are a waste of time. But touching someone's hand, hugging a beautiful lady? All of that works out very well. So I think I owe the public a little bit more than just a good performance. I owe them just a little bit of my time — if I'm cornered."

The Cruise effect

"The movie is so much more than what you read on the page. But it's a big science-fiction film with Tom Cruise. It's hard to go wrong"

Morgan Freeman
Talking about working with Tom Cruise.

Morgan Freeman and Tom Cruise face off in Oblivion.
UNIVERSAL PICTURES/THE ASSOCIATED PRESS

Miley Cyrus and Liam Hemsworth. PHOTOS: GETTY IMAGES

Billy Ray Cyrus hints Miley's engagement may end in achy, breaky hearts

If how Billy Ray Cyrus went about writing his new memoir, Hillbilly Heart, is any indication, he's not that optimistic that daughter Miley Cyrus and her fiancé, Liam Hemsworth, will make it to the altar.

"I know as I was writing the book I wanted to keep that particular moment as open-ended as possible. I didn't know the answer," Billy Ray tells ABC News.

"They're young, they're kids. The great news is, they're great friends. They're really, really good friends."

As for their chances of seeing their wedding reception? "I don't know, I really don't," he says.

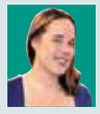
"I play it by ear and I know whatever is meant to be, that's the way it's going to happen."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna's Diamonds tour losing its shine



THE WORD
Dorothy Robinson
scene@metronews.ca

What is going on with Rihanna?

Rihanna's Diamonds World Tour, which kicked off March 8th, isn't going off exactly as planned.

The singer has already cancelled three concerts — Baltimore and Boston last month and Houston on Monday. Her promoter Live Nation confirmed only that the cancellations were "as a result of illness" but did not say what was wrong with the star. When she cancelled the Boston show, she tweeted fans that morning, saying: "(Boston) this is the hardest thing for me to deal with! I feel like we've been waiting on this day forever, and I'm hurt that I let you down. … I hate disappointing people that never ever let me down!! I'm so embarrassed about this! Thank you for your prayers and well wishes!"

Her camp is claiming "laryngitis" but the tabloid press is claiming "pregnant." TMZ.com spotted the singer, covered up in a baseball cap and sucking on a lollipop, leaving a medical building on Tuesday. If you checked out the singer's Instagram, you will see she is a connoisseur of the green stuff. So maybe if she laid off the pot? Perhaps that would help this whole "laryngitis" issue. I know it would definitely help this possible "pregnancy" situation.

Macaulay Culkin

Paparazzi leave Culkin a sulkin'

Macaulay Culkin isn't having that great of a stay in London, if his run-ins with the paparazzi are any indication.

The former child star first seemed perturbed by the photographers' presence while checking into his hotel, the Budget Ibis. Tensions boiled over while Culkin was leaving nightclub the Haunt after joining pal Adam Green on stage, according to E! News.

Culkin reportedly launched himself at a paparazzo and began attacking him, telling him to go to hell.

It's unclear what set the actor off.

Twitter

@ABFoundation
I am pretty bad at yoga.

@mindykaling
Back when I resided in the United States I lived in a little Spanish casita w/a fountain. Wonder if the new inhabitants enjoy the gurgle

@justinbieber
Up watching funny YouTube vids. What r some good ones?

SATURDAY, APRIL 20 & SUNDAY, APRIL 21

GET BOTH FREE

SHOPPERS DRUG MART® CARD

+

TIM HORTONS® TIM CARD®

WHEN YOU SPEND $75 OR MORE ON ALMOST ANYTHING AT SHOPPERS DRUG MART*

Visit shoppersdrugmart.ca or the store nearest you for details. *Some conditions may apply. Offer valid April 20 & April 21, 2013 only. Shoppers Drug Mart card is valid until May 12, 2013.

THE DOUBLE DOUBLE EVENT

SHOPPERS DRUG MART

5 new ways to wear denim

Jeans are the easiest thing to wear during spring's rainy season of transitional weather. We take styling tips from seven stylish everyday women spotted around the world.

KENYA HUNT
Metro World News

The idea: Day-to-night means dressing down

Styling tip: Speaking of contrast, check out how Rajni Jacques's polished tailoring neatens up the New Yorker's otherwise badass grunge look, showing a new side of day-to-night dressing. Because sometimes, the after-work socializing happens in a dive bar and not a swanky gallery opening.

BOUTIQUE BOYFRIEND BLAZER
$300, TOPSHOP.COM

NIKE SNEAKERS
$112, NIKE.COM

The idea: Bring those old school high tops back

Styling tip: Lately, when we see a pair of sneakers in a fashion story, it's the neon Nike Free or primary coloured New Balance. But the classic high top (and we're not talking about those trendy Isabel Marant wedge ones) has been overlooked. Londoner Bryona Hayne's sporty look makes a good case for fixing that.

The idea: Give the girly girl an edge

Styling tip: Pink, the most saccharine of colours, suddenly gets major bite when paired with boyfriend jeans and a fisherman's sweater. And let us draw your eye to the navy blue nails on Irina Lackicevic from London. Sensing a theme here?

SOPHIA WEBSTER SLINGBACKS
$395, NETAPORTER.COM

SOPHIE HULME
TRENCH WITH LEATHER SLEEVES
$805, STYLEBOP.COM

The idea: Take the wide legs out of the '70s

Styling tip: Steer clear of going too literal and disco-y by balancing the retroness of the jeans with a contemporary silhouette on top. Pay close attention to the length of Brit Kimberly Carroll's jeans. You don't want them dragging on the ground.

The idea: Put the ripped bits up top

Styling tip: We expect to see rips and tears on the legs (preferably just above or below the knee.) Give an element of surprise by wearing the distressed bits up top, pairing a ripped knit with a pristine pair of dark blue jeans the way Anouki Areshidze in Milan does here.

LNA SLASHED SWEATER
$145, LNACLOTHING.COM

How do I become a Dentist ?

Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

Heat up your next party with Thai Pork Skewers

This recipe makes 26 pieces. RYAN SZULC/CONTRIBUTED

"This curry-scented marinade uses only a bit of Thai red curry paste, but an opened jar will keep in the fridge for up to one year," write the editors of Canadian Living in The Appetizer Collection. "Try the luscious peanut sauce on grilled chicken as well."

Ingredients

- 1 pork tenderloin, trimmed (about 1 lb/450 g)

Marinade
- 2 tbsp packed brown sugar
- 2 tbsp chopped fresh cilantro or parsley
- 2 tbsp lime juice
- 2 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 1 tbsp soy sauce
- 1 tsp Thai red curry paste

Peanut sauce
- 1/3 cup natural peanut butter
- 1/3 cup coconut milk
- 2 tbsp lime juice
- 1 tbsp sodium-reduced soy sauce
- 1 tsp packed brown sugar
- 1/2 tsp hot pepper sauce

1. Peanut sauce: In food processor, blend together peanut butter, coconut milk, lime juice, soy sauce, brown sugar and hot pepper sauce until smooth. Pour into bowl; cover and set aside. Cut pork into 26 8-by-1-by-5mm strips.

2. Marinade: In large bowl, whisk together brown sugar, cilantro, lime juice, garlic, ginger, soy sauce and curry paste; add pork, tossing to coat. Cover and refrigerate for 4 hours. (Make-ahead: Refrigerate peanut sauce and pork separately for up to 24 hours. Bring sauce to room temperature, thinning with water, if desired.)

3. Thread pork onto small metal or soaked wooden skewers; place on broiler pan or foil-lined rimmed baking sheet. Broil, 15 cm from heat and turning once, until lightly browned and no longer pink inside, about 6 minutes. Serve with peanut sauce for dipping.

RECIPE EXCERPTED FROM CANADIAN LIVING THE APPETIZER COLLECTION

Cookbook of the Week

Get the party started with these tasty appetizers

Take the stress out of hosting a party with The Appetizer Collection from the experts in The Canadian Living Test Kitchen.

Chapters include dips and spreads, hot appetizers, savoury pastries, tiny sandwiches, cold appetizers, snack mixes and drinks. To make entertaining easy, helpful tips on party planning are also tucked in each chapter. Meanwhile, handy guides help you figure out how much food to make, how many drinks to provide and efficient ways to prep.

METRO

Appetizer. Feta Spinach Strudel Bites

Ingredients

- 9 sheets phyllo pastry
- 1/2 cup butter, melted

Filling
- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 pkg (10 oz/300 g) frozen spinach, thawed
- 1 cup grated Romano cheese
- 1 cup crumbled feta cheese
- 1 egg, lightly beaten
- 1/4 cup diced, drained, jarred roasted red pepper
- 3 tbsp chopped fresh dill (or 2 tsp dried dillweed)
- 1/2 tsp pepper
- Pinch nutmeg

1. Filling: In skillet, heat oil over medium heat; fry onion and garlic, stirring often, until softened, about 5 minutes. Scrape into bowl; let cool. Squeeze moisture from spinach; chop finely and add to bowl along with Romano and feta cheeses, egg, roasted red pepper, dill, pepper and nutmeg. Stir to combine.

2. Place 1 sheet of the phyllo on work surface, covering remainder with damp towel to prevent drying out. Brush lightly with some of the butter. Top with 2 more phyllo sheets, brushing each with some of the remaining butter.

3. Leaving a 2.5 cm border on each end, spoon about 1 cup of the spinach mixture along 1 long side; fold ends over filling. Roll up to form log.

4. Place, seam side down, on baking sheet. With sharp knife, score top through phyllo to make 12 servings. Repeat with remaining phyllo and filling and some of the remaining butter. (Make-ahead: Cover with plastic wrap; refrigerate for up to 24 hours. Or freeze in airtight container for up to 2 weeks. Bake from frozen, increasing baking time by 5 minutes.)

5. Brush with remaining butter. Bake in 400 F (200 C) oven until golden, about 25 minutes. With serrated knife, slice along score marks.

RECIPE EXCERPTED FROM CANADIAN LIVING THE APPETIZER COLLECTION

Find artful tea blends you love, and some you've not yet imagined.

When you can chance on bliss in a grocery store, anything becomes possible.

Steep yourself in knowledge at tazo.com

©2013 Tazo. All rights reserved.

Invite the sea into your home

It's not often that I subscribe to a heavily-themed decorating style. Although industrial-chic and hotel-style have faired wel, it's time to soften up the looks and introduce a style dedicated to water and sand. Sea-side living-inspired-decor themes are popping up, and this nautical theme might just be what jump starts us into summer.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Rope Knot Table Lamp Base, $190

Nautical manila rope is tightly twisted and knotted to create a textured lamp base for a seaside look. potterybarn.com.

Towels $11, Monograms $7

Handwoven in pure cotton, the Herringbone hand towels make a personalized statement when monogrammed. westelm.com.

Yacht Club Cushion, $20

Sail away to France with blue and white accent pillows. simons.ca.

Lauren by Ralph Lauren picture frame, $60

Soft sheen and sea colours from mother of pearl of the sea is trimmed with nickel plated iron. thebay.com.

Sea Urchin Candle, $16

The beauty of the sea urchin surfaces in this detailed candle crafted of natural wax rubbed with white highlights. crateandbarrel.com.

Woven Wicker Drum Lamp Shade, $63

The textured weave of natural wicker adds an instant summer-time look to any lamp base. potterybarn.com.

Advertisement

Finally A Weight Loss Plan That Works

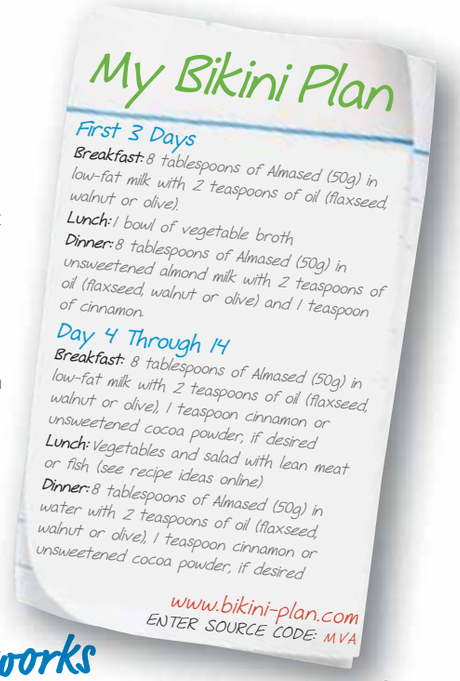
Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.


My Bikini Plan
First 3 Days
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).
Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
www.bikini-plan.com
ENTER SOURCE CODE: MVA

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MVA.

TRUE NORTH nutrition

For retailer inquiries, please call **True North Nutrition** directly at toll free **1-800-261-4223**.

SHOPPERS DRUG MART
the Organic Grocer
Alive Health Centre
EdgeNutrition
Nature's Fare Markets
healthstore locator
www.healthstorelocator.com

PACIFIC pt.

SOPHISTICATED YALETOWN

ABSOLUTE YALETOWN VALUE

GENEROUSLY SPACIOUS SUITES

1 BEDROOM + DEN 730 sqft and up, from $409,900
JR. 2 BEDROOM + DEN 925 sqft and up, from $499,900
2 BEDROOM + DEN 1,075 sqft and up, from $609,900

MOVE IN SPRING 2013

YALETOWN IN PERFECT DETAIL

From award-winning iconic developer Nat Bosa

An exclusive collection of ultra spacious concrete homes luxuriously reinvented

A coveted waterside address in Yaletown's most sophisticated enclave

Commanding views of False Creek and sparkling city lights

Presentation Centre located at 1323 Homer Street, Vancouver
Open daily 12-5pm except Fridays

PACIFICPOINTCONDOS.COM
604 685 0855

magnum properties | THE BOSA LEGACY

NAT BOSA VALUE ASSURANCE B BOSA

This is not an offering for sale. Any such offering can only be made by way of disclosure statement. E.&O.E.

Putting nature's critters to work for you

An underappreciated workforce. Crawly creatures can help you keep your garden healthy — and they work cheap

Looking for some help in the garden? Many of nature's most useful critters lie literally at our feet, underappreciated and ignored, despite their ability to eliminate insects, condition soil and pollinate plants.

Turtles, moths, moles, dragonflies, snakes, toads and spiders are among the many wild things that can help maintain a landscape. The payback is minimal — food, water, shelter and easing off on harsh lawn and garden chemicals.

Little labourers

"I believe in teamwork, using all the creatures that live in your garden."
Sharon Lovejoy, author of Trowel and Error

"I believe in teamwork, using all the creatures that live in your garden," says Sharon Lovejoy, author of Trowel and Error. "Start from the ground up with night crawlers as part of your workforce."

Add to the earthworms already in your plant beds with commercially available red worms.

"Build a worm bin or a place where they can't get out," Lovejoy says. "Use all of your leftovers — your kitchen compost. Worms can process up to six pounds of garbage in a week."

Lovejoy adds: "Grow an assortment of native plants, which will draw a great many bird species. Add plant hosts as food for butterfly and moth larvae."

That list would include milkweed (for monarch butterflies), borage (for green lacewings), sunflowers (for ladybugs) and yarrow (for hoverflies). Many insects in the larval stage are voracious predators. Juvenile green lacewings are named "aphid lions" because of their appetite for the sap-sucking pests.

"I would certainly place spiders near the top of underappreciated life in the garden," says Whitney Cranshaw, an extension entomologist with Colorado State University.

"Although sometimes I think it is less that they are not appreciated, but rather people don't want to think of them."

Spiders are credited for as much as 80 per cent of all predator control in the garden. Jumping spiders, wolf spiders, lynx spiders and crab spiders are the standouts, Cranshaw says.

Most predatory insects aren't selective, though, feeding on anything that comes within reach. "Praying mantises are generalists," says James Dill, a pest management specialist with the University of Maine.

"So are many spiders. They're very efficient, but don't discriminate in what they eat. They'd just as soon grab a honeybee if it happens by."

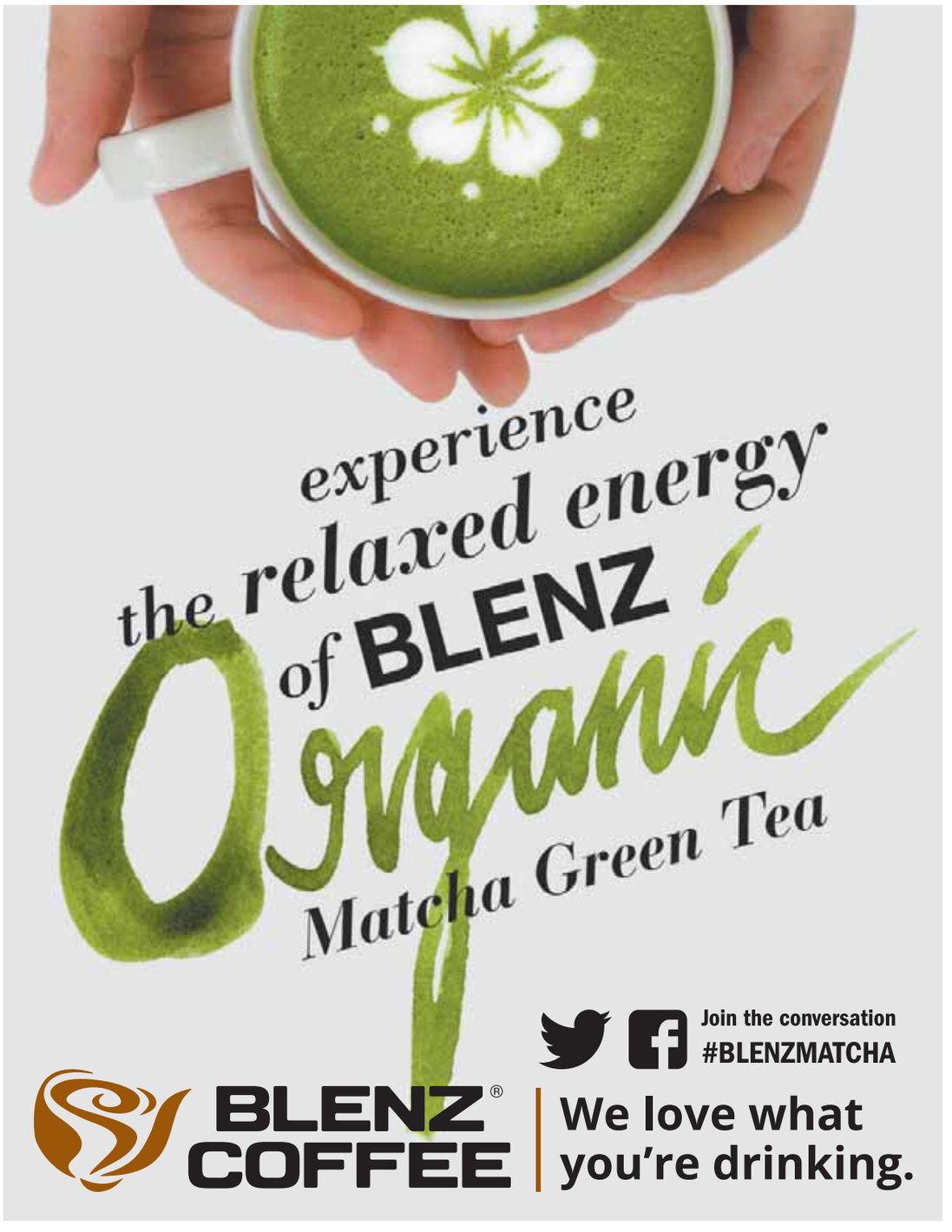
Maintain a healthy garden with ample spacing if you hope to attract beneficial insects. "Spacing allows you to observe things better if you're walking around, looking for trouble," Dill says. "It also reduces the odds for (plant) disease."

THE ASSOCIATED PRESS

Spiders may land on the creepy-crawly list for many, but they account for as much as 80 per cent of all the predator control in home gardens.
DEAN FOSDICK/THE ASSOCIATED PRESS

Natural Gardeners

- **Toads.** "Harmful insects make up 62 per cent of a toad's daily food supply," says Lovejoy
- **Dragonflies.** These insects can capture more than 400 mosquitoes a day
- **Moles.** "They eat their body weight in insects, slugs and grubs while aerating the soil," Lovejoy says
- **Bats.** These nocturnal aerialists pollinate flowers, spread seeds and devour upwards of 600 mosquitoes an hour.
- **Snakes.** "Most snakes ... are harmless helpers, and eat rodents and insect pests," Lovejoy says



NOW SELLING!

ENGLISH MEWS 2

Welcome to English Mews2, a collection of 2 & 3 bedroom townhomes located in Queensborough.

Owning a home at English Mews2 is now even easier than you think, because for the month of April we are offering a 2 year mortgage payment subsidy that will allow you to receive up to $420 cash each month, for the next 2 years! Come in and visit our fully furnished show home and learn more about this exciting opportunity.

Starting at $324,900.

#10-1135 Ewen Avenue
New Westminster
Open Daily from 12 - 5 pm (except Friday)
t: 604.517.1688

www.englishmews.com

Marketing by
Bob Sethi Personal Real Estate Corporation
www.bobsethi.com
RE/MAX Westcoast. Each office independently owned and operated

Developed by
Tien Sher Group of Companies
www.tiensher.com

*Subject to qualification. See sales team for details. Developer reserves the right to make changes and/or modifications without notice. E. & O.E.

Quattro 3
be connected

With change comes opportunity. Be a part of the growth and rejuvenation of this new, urban downtown. Define a neighbourhood and style of your own. Recognize the possibilities. Say good bye to renting, and hello to a home that is truly your own. Convenient location, a stylish leading-edge home of your own, all at a price you can afford. Connect with your future, with the unlimited potential of a changing area and a reinvented community. Connect with Quattro.

Quattro Discovery Centre:
Located at 127-10788 Whalley Blvd, Surrey
Open daily Noon - 5 pm (except Friday)
Tel: 604.581.8000

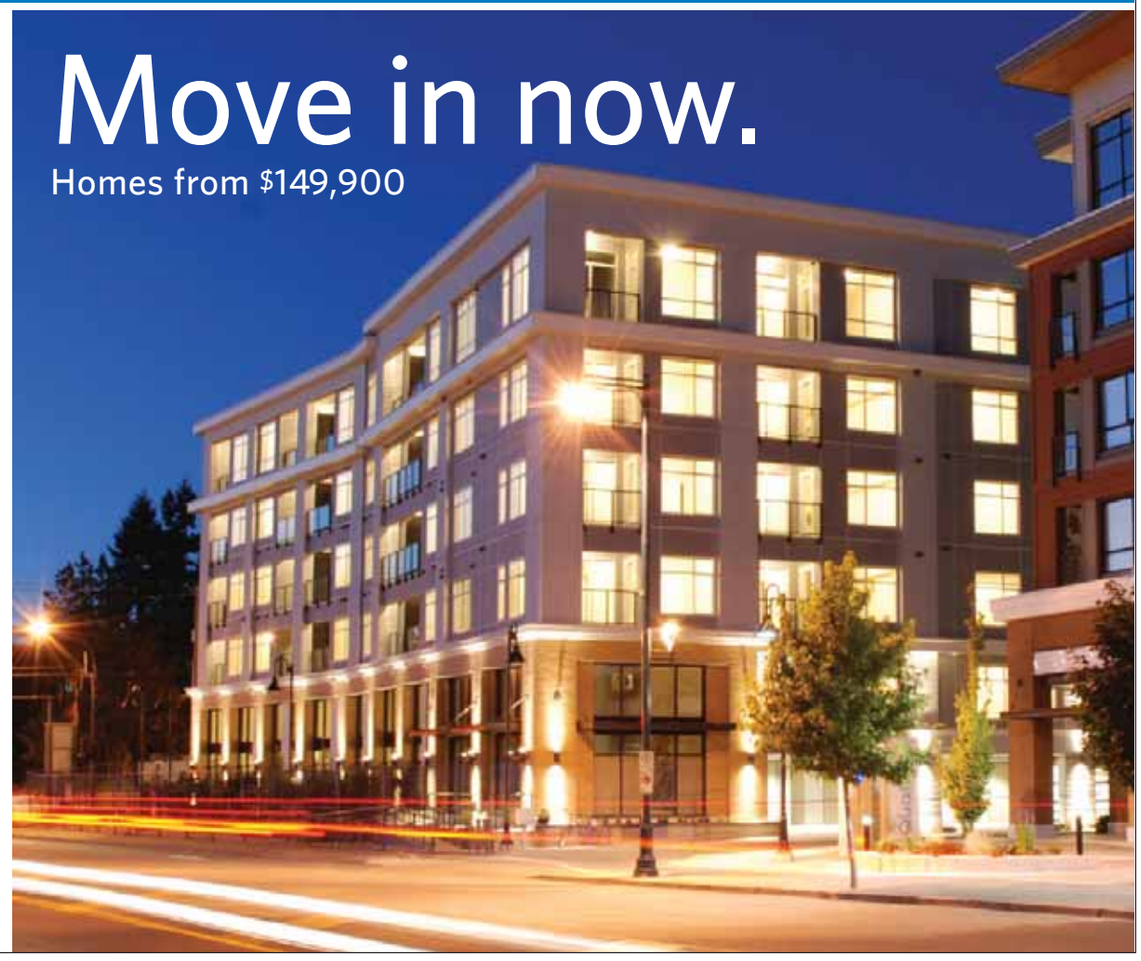
www.quattroliving.com

TIEN SHER GROUP OF COMPANIES

*Subject to qualification

Move in now.

Homes from $149,900



Plants can bring your room to life

Bring the spring in. From ferns and herbs to potted trees, professional designers help you choose what's best for your space

The first buds of spring have been slow to arrive, but even if your garden has yet to grow, you can add a sense of spring to your home by decorating with lush plants and potted trees.

Today, "designer spaces pretty much always include some element of life," says interior designer Brian Patrick Flynn. "While that can be anything from coral to tortoise shells, pressed leaves or even a tiny bowl with a goldfish, the most common way to add life is with potted plants and trees."

We've asked Flynn, California-based interior designer Molly Luetkemeyer and Betsy Burnham of Burnham Design in L.A. for advice on choosing the right plants and keeping them blooming.

Where to start?

You can choose plants based on where you'd like to keep them, or select a plant you love and ask for advice on where to place it. And if you want plants that need little attention, don't be shy about saying so.

"I'm only interested in plants and trees that are low-maintenance," Flynn says. "Give me something that requires daily care ... and it's most likely to go from green to brown or black in less than 72 hours."

Fabulous ferns

All three designers like ferns, such as the maidenhair. "They're fresh," says Luetkemeyer, "and they're that pale green that's the beginning green of spring."

If you want something bolder, Flynn suggests the staghorn fern. Just remember that all ferns do best in shade rather than direct sunlight.

Flowering plants

"I love plants that flower in the spring," says Luetkemeyer, who recommends daffodils, narcissus and hyacinth. She also loves gardenia plants for their fragrance and shiny leaves. But they do require a bit of effort.

Going green

"The most common way to add life is with potted plants and trees."

Brian Patrick Flynn, interior designer, founder of decordemon.com

"Any plant that's a woody plant ... is going to be a little bit trickier," she says. Consider researching online to learn how much water and light your plant will need.

Potted trees

"A statement tree," says Burnham, "adds height to your room, and plays with the light at a window."

Flynn also suggests fig trees: "Fiddle leaf fig trees are, hands down, my favourite," he says. "Since these grow straight upwards, they're perfect for corners or flanking a fireplace or focal point without growing out and over it."

Countertop herbs

"This might be a great time to put some herbs in your kitchen," Luetkemeyer says.

Many stores sell herb plants that are already blooming in small pots. You can re-pot them in attractive containers and cluster them on a counter.

Perfect potting

"What you plant something it makes just as much of a statement as the tree or plant itself," says Burnham.

Luetkemeyer agrees that it's worth the time to choose the right pots: "You can take the same plant and pot it four different ways and it creates four different vibes," she says.

Whatever you choose, Flynn is sure you'll be happier with greenery in your home.

"Whether you've got all the time in the world to care for something or just want to be able to squirt a water bottle on your way out the door," he says, "there's definitely something out there for you."

THE ASSOCIATED PRESS

Designer Brian Patrick Flynn incorporated life into this home office with a pair of fiddle leaf ficus trees and a large fern.

BRIAN PATRICK FLYNN/HGTVREMODELS.COM/SARAH DORIO/THE ASSOCIATED PRESS

BIG LIFE.
SMALL PRICE.
new homes from $109,900!
GRAND OPENING
SATURDAY APRIL 20TH!
Welcome to Balance, a collection of 56 boutique homes
centrally located in the Gateway district of Surrey.
BALANCE
liveatbalance.ca
TIEN SHEN
This is not an offering for sale. Any such offering may only be made with a disclosure statement. E&OE.

Win

A FREE HOME*

AN UNPRECEDENTED GIFT

*ABSOLUTELY NO PURCHASE NECESSARY.
ONE LUCKY WINNER WILL RECEIVE THIS GIFT FROM
DENNA HOMES AT SEYLYNN VILLAGE.

RESERVE YOUR GOLDEN KEY TODAY

FOR MORE INFORMATION, REGISTER AT

SEYLYNN.CA

OR CALL 604 980 5000

SEYLYNN VILLAGE

APPOINTMENTS AVAILABLE SOON

BEACON
SPRING 2013

COMPASS
2014

APEX
2015

A VIBRANT TOWN CENTRE, ANCHORED BY THREE WORLD-CLASS TOWERS IN THE HEART OF NORTH VANCOUVER'S LOWER LYNN

REGISTER TODAY AT SEYLYNN.CA

*Seylynn Village is currently not an offering for sale. Such an offering can only be made after filing a disclosure statement. Free Home contest based on project commencement. Prices subject to change without notice. E & O.E.

DENNA HOMES

PACESETTER MARKETING

Out with the old, in with the newly restored

DIY ideas. Clean, sand, paint, stain — restore an old piece into a new gem for your home

If one man's junk is another man's treasure, both those men are probably at the flea market, where beautiful pieces of decor can be hiding beneath chipped wood and old paint.

Robert Kulp and Mike Whiteside of Salvage Dawgs offer some tips on turning junk into treasure through restoration.

Found an antique? Use a chemical stripper to take off the old finish. ISTOCK IMAGES

Research and inspect

Check for unusual markings and labels to determine the origin and worth of the piece.

If you suspect it may be an antique, take it to a professional before you work on it. If you start to restore an antique you will ultimately void the piece of any vintage worth.

Safety first

A safety checklist before you start is a key component when doing DIY projects.

When restoring furniture, be sure to have goggles to protect your eyes from wood or metal scraps, wear long sleeves, wear a mask when working with chemicals and be sure to work in a well ventilated area.

Clean before you start

Once you've determined your plan for the piece it must be thoroughly cleaned before you begin sanding, painting or staining.

You will need to buff it with a vegetable oil-based soap and warm water. Use a small soft bristle tooth brush if the piece is highly detailed.

Dirt and grime build up over the years and it will need to be removed for a professional look.

Repair

If parts are broken you will need to repair them or replace them altogether.

Search antique stores because you may get lucky and find a matching chair leg or drawer knob; but chances are you will have to get replacements custom made. Check for loose screws to simply tighten them, or take them out and replace them if they're rusted. Use wood glue for any small breaks and wood putty for small cracks.

Refinish/repaint

You will need to use both chemical strippers and sanding to take off the old finish. If you are painting the piece, you will need to slightly sand down any ridges.

Before you stain or paint the item, give it another buff to get rid of dust in order to end up with a professional looking finish.

SALVAGE DAWGS PREMIERES TUESDAY, MAY 7 AT 9 P.M. ET/PT ON DIY NETWORK CANADA DURING A MONTH-LONG FREE PREVIEW ON THE NETWORK

Interac, the Interac logo, Interac Flash, "Pay in a Flash", the armoured truck design are trade-marks of Interac Inc. Used under license. The Contactless Indicator is a trade-mark of EMV Co. LLC. Used under license. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ® Registered trademarks of the Bank of Nova Scotia. The TD Logo is a registered trade-mark of The Toronto-Dominion Bank.

Grand Opening on April 27th

PRICES FROM $250,900

OVER 50% OF ALL UNITS BELOW $350,000

REGISTER NOW
www.aragon.ca

the station

YOU HAVE ARRIVED

PRESENTATION CENTRE

2708 ST. JOHNS STREET, PORT MOODY, BC.

REGISTER NOW 604•492•3338/aragon.ca

25th ARAGON ANNIVERSARY

MINUTES FROM YOUR DOORSTEP...

THE WORLD AWAITS

It's not often that the figurative and the literal become one and the same, but you'll know you've arrived when you come home to The Station, Aragon Properties' newest development in Port Moody. Located just around the corner from the West Coast Express train station and the future Evergreen Line station, this brand new 106-unit condominium and townhouse development signals your arrival on the next level of home-ownership. Register now to find out more about The Station's geothermal heating and cooling system, the amazing sleek interiors, and all the reasons why this is your next stop in the search for your new home.

Prospect heeds the call of the Wolves

AHL. Young defenceman records an assist in season debut with Chicago

CAM TUCKER
cam.tucker@metronews.ca

Canucks prospect Frank Corrado with the Sudbury Wolves of the OHL in 2011. AARON BELL/OHL IMAGES FILE

It didn't take long for Vancouver Canucks prospect Frank Corrado to have an impact on the score sheet for the Chicago Wolves.

Corrado, who was officially assigned to the Wolves of the American Hockey League on Monday after his junior team, the Kitchener Rangers, were knocked out of the Ontario Hockey League playoffs, recorded an assist in Tuesday's loss to the Milwaukee Admirals.

He also had a plus-one rating. His arrival in Chicago comes as the Wolves are fighting for a playoff spot in the Western Conference.

Corrado, Vancouver's fifth-round pick in the 2011 NHL entry draft and now 20 years of age, has also received high praise from members of the Canucks organization.

But he says he's not focused on that, or any pressure that has come with his progress through the system.

"It doesn't really matter to me whether I'm a fifth-round pick or a first-round pick or what they think of me," Corrado said during a phone interview Monday.

"It's all about focusing on the task and the process. There's no point thinking about that. I'd rather spend my time thinking of the game or what I need to do in the (defensive) zone, or a chance I can create in the offensive zone.

"That's what I need to think of. I don't need to think of, 'What do they think of me now?' and, 'Maybe somebody else is coming up.' That's not good for you. All you have to do is focus on the task at hand and the long-term stuff will pay off in the end."

While he's impressed members of the organization in the last two years, it's hard to imagine that with just five professional regular-season games under his belt, Corrado could be a late-season call-up in case of injuries on the Canucks' blue-line.

Kevin Bieksa sat out Tuesday's game against St. Louis with a lower-body injury, and Chris Tanev remains out due to injury.

The Canucks on Wednesday recalled defenceman Derek Joslin from the AHL's Worcester Sharks.

Joslin, 26, has spent his professional career going between the NHL and AHL. In 114 career NHL games, he's scored four times with 16 points and 63 penalty minutes.

Homecoming

Back to the Big D for Roy

Derek Roy makes his return to Dallas following the trade that brought him to the Vancouver Canucks on April 2, the day before the NHL's trade deadline.

The Canucks finish up a five-game road trip in Dallas against the Stars on Thursday. Vancouver is 2-1-1 so far on the trek.

Roy was one of three big-name NHL players dealt out of Dallas before the deadline. Brenden Morrow was shipped to the Pittsburgh Penguins and Jaromir Jagr to the Boston Bruins.

However, the Stars remain in the playoff hunt. As of Wednesday, they were 10th in the Western Conference but two points out of the eighth and final playoff spot.

CFL

Lions' Harris keeping his stick on the ice

Andrew Harris makes his living as a running back for the B.C. Lions, but he also enjoys spending time playing beer-league hockey in his hometown of Winnipeg.

But separating himself from the long-standing beer-league tradition, Harris abstains from the post-game brew, electing to go the more nutritious route with some chocolate milk — high in protein and carbohydrates, which is essential to top-performing athletes, according to one online article for Fitness Magazine.

Interesting, too, is that Harris uses the sport of hockey as a cross-training method for football.

"It's really good ... a lot easier on the knees and good for the hips," he said Tuesday, as the Lions opened a three-day mini-camp at their Surrey facility.

"So I've always been doing that."

Harris, who had 1,112 yards rushing, 718 receiving yards and 11 touchdowns last season, arrived in Vancouver on Monday.

Listed at five-foot-11, he said he came to camp weighing in at 215 pounds, up roughly 10 pounds from last season.

Added to his workout regimen — in addition to running, lifting weights and hockey — is more Olympic and power lifting, he said.

"I think that maybe gives me a more solid base and helps me maybe fill out as a whole," he said.

"But I think the biggest thing now is just getting older and reaching that physical peak." CAM TUCKER/METRO

Kenny Miller still in doubt for Whitecaps

Striker Kenny Miller hasn't played for the Whitecaps since March 30. JEFF VINNICK/GETTY IMAGES FILE

Scottish striker and Vancouver Whitecaps designated player Kenny Miller didn't take part in Wednesday's training session at UBC and is doubtful for the club's regular-season road match against FC Dallas on Saturday.

Miller, who is dealing with a lingering hamstring injury, has played in only one of Vancouver's last four matches for a grand total of 33 minutes as a substitute against Chivas USA on March 30.

He scored in that game, which came just days after he arrived back in North America following World Cup qualifying for Scotland.

In three regular-season games this year, Miller had two goals and, prior to his injury, was playing his best soccer in a Whitecaps uniform since arriving in Vancouver last July.

The Whitecaps also waived Brazilian midfielder Paulo Jr. on Wednesday.

Other MLS clubs have 48 hours to claim Paulo Jr. off waivers. He came to Vancouver as the 10th pick in Stage 2 of the 2012 MLS re-entry draft in December.

He officially signed with the Whitecaps in January.

The 24-year-old Paulo Jr. didn't make an appearance for the Whitecaps in regular-season play, after playing 22 games for Real Salt Lake last year. He played in five of the Whitecaps' first seven reserves matches, scoring once and adding four assists.

It turns out the end to his brief tenure in Vancouver was part of the numbers game.

"In that kind of position, we've got a lot of, what we feel, really talented young players. We just felt that it might be difficult for him to get in the team," said head coach Martin Rennie. CAM TUCKER/METRO

Horoscopes

♈ Aries
March 21 - April 20
Keep things in perspective today. Not everything will go your way and you could even suffer a small financial loss but it's no big deal.

♉ Taurus
April 21 - May 21
With the Sun about to move into your birth sign you should be looking ahead and planning all the marvelous things you are going to be doing. Don't let other people's negativity hold you back.

♊ Gemini
May 22 - June 21
You may be active by nature but over the next few days you should aim to do less and think more. Activity for its own sake, be it physical or mental, is a waste of time, so make sure your aims have meaning.

♋ Cancer
June 22 - July 23
How can you make a difference in the world? Give it some thought and a way will occur to you.

♌ Leo
July 24 - Aug. 23
Do you want to improve your status and reputation? Then keep your eyes and ears open because you will soon get the chance.

♍ Virgo
Aug. 24 - Sept. 23
The planets are about to offer you the chance to make a new beginning. First though you need to get rid of all that emotional baggage you have been carrying around. It's time to be who you want to be.

♎ Libra
Sept. 24 - Oct. 23
You may be inclined to make changes to your financial or business affairs today but is that really such a smart idea? With so many things in a state of flux at the moment it may be better to just sit tight.

♏ Scorpio
Oct. 24 - Nov. 22
Your reputation for toughness is well deserved but there is also a softer, more compassionate side to your nature that will be much in evidence today.

♐ Sagittarius
Nov. 23 - Dec. 21
Do you see your work as a challenge or a chore? If it's the latter you may need to change direction

♑ Capricorn
Dec. 22 - Jan. 20
You cannot be bothered with trivial issues or trivial people. There are so many big things going on in the world at the moment and it annoys you that so many don't seem to care.

♒ Aquarius
Jan. 21 - Feb. 19
With the cosmic emphasis about to switch to the domestic sphere you should focus on the needs of loved ones.

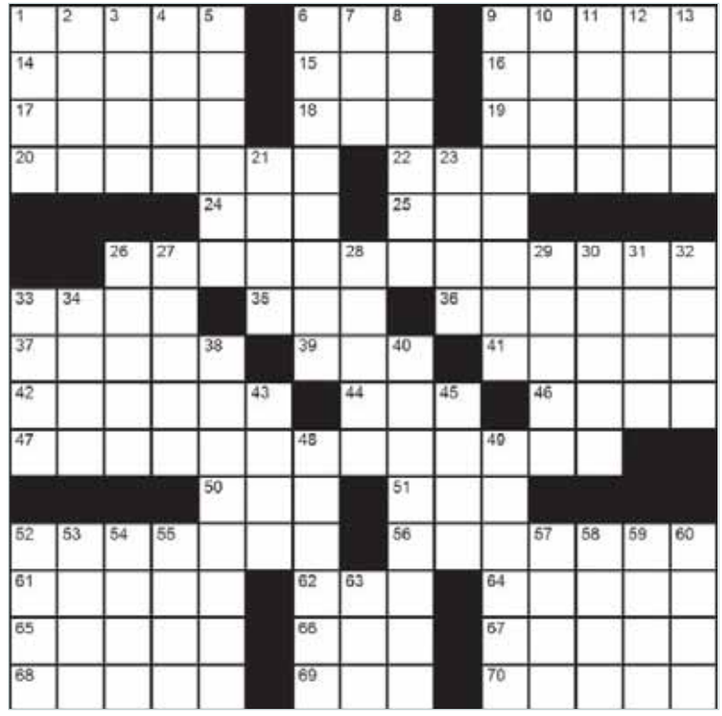
♓ Pisces
Feb. 20 - March 20
As Pisces is such a sensitive sign you are easily affected by other people's moods, which means you should be rather cheerful today. Everyone around you is in the mood to have fun. Sounds like an excuse for a party.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



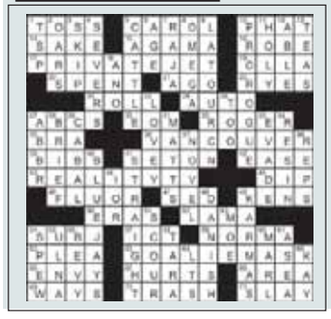
Across

1. Juno, for one
6. Haul with difficulty
9. Boast
14. "Extra" host Mr. Lopez
15. 'Comb' suffix (Put together)
16. "__ __ Majesty's Secret Service (1969)"
17. Spectrum source
18. Half a cheering prop
19. "__ fired!" (Donald Trump's catchphrase)
20. Maritime helicopter of the RCAF: 2 wds.
22. Sir Walter Scott novel about a Saxon knight
24. Naught
25. Henpeck
26. It distinguishes the iconic Lacoste tennis/golf shirt: 2 wds.
33. Moulding style
35. __-Pekka Salonen (Finnish conductor/composer)
36. Some leathers
37. Keepsake of yore
39. Grads-to-be, briefly
41. Beverly Hills' __ Drive
42. Sporting spots
44. "Of course."
46. 'Smart' suffix (Brains)
47. Justin Trudeau's gig: 2 wds.
50. Fizzle out
51. Roman Numeral for 551
52. Bring in illegally
56. Driving and piano
61. Filmmaker, Frank __
62. Tiny
64. Sal of "Rebel Without a Cause" (1955)
65. Warning device
66. '_' __ for Alberta
67. "Farewell, mon ami!"
68. Length unit
69. Salutes from Rocky
70. Tennis great, Ivan __

Down

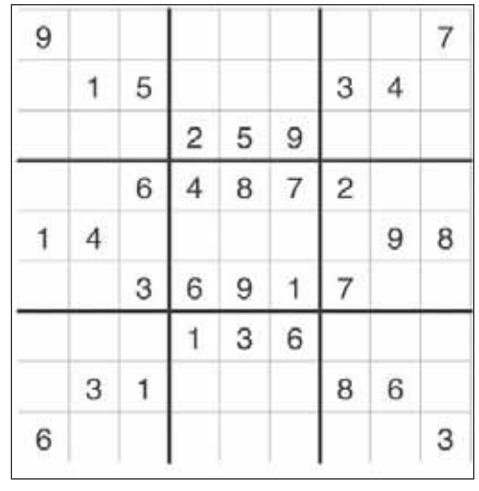
1. Hookups for Mr. Hendrix
2. Merchandise
3. Diva's showstopper
4. Take a chance
5. Dotted game tile
6. Makeup kit item: 2 wds.
7. One: Spanish
8. Horoscope sign
9. Goods transporting job in early Canada
10. Auth. unknown
11. "Nope."
12. Detective created by mystery writer Rex Stout, __ Wolfe
13. Branches-and-roots grower
21. Kind
23. Mr. Kilmer's
26. Famous person, for short
27. Marie Antoinette, par exemple
28. Actress Ms. Hannah
29. Sierra __
30. More peculiar
31. "Well, well, wells."
32. Bears: Spanish
33. Viva voce
34. Ginger Spice aka __ Halliwell
38. Poker: 2 wds.
40. Like some grapes
43. Cruise
45. Garage __
48. Allowance
49. Dreary
52. Defraud
53. Female's opposite
54. __ the crack of dawn: 2 wds.
55. Fido is furious!
57. Show allegiance
58. "Come __!" = "Welcome!": 2 wds.
59. Call for
60. Collective __ (Rock band)
63. Farm song vowels

Yesterday's Crossword



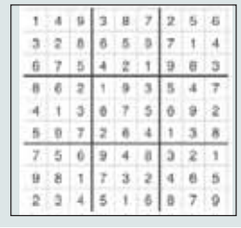
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



9								7
	1	5				3	4	
			2	5	9			
		6	4	8	7	2		
1	4						9	8
		3	6	9	1	7		
			1	3	6			
	3	1				8	6	
6								3

Yesterday's Sudoku



Today
10°/8°
Rain
80%

Friday
11°/9°
Rain
60%

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

ACUTE CARE SKILLS
for Health Care Assistant / Resident Care Attendant
PC3 is one of only 2 schools in Vancouver that offer the
ACUTE CARE SKILLS CERTIFICATE PROGRAM
Full-time & Part-time. NO waitlist. Start right away.
Be Working in a Hospital Next Month!
604.730.1106
202-1338 W. Broadway, Vancouver
www.pacificcoastcommunitycollege.com

How do I become a Dentist ?
Explore what you want to be and how to get there.
Visit CareerBear.com to learn more

FLIGHT CENTRE
The Airfare Experts
1 866 519 5111
flightcentre.ca

Edmonton
Vancouver Canucks
Air + 1 Night
from $469
INCLUDES downtown accom.
Game tickets not included.

Conditions apply. Ex. Vancouver. All advertised prices include taxes & fees. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

SWAP YOUR RIDE EVENT

GETTING INTO A NEW FOCUS HAS NEVER BEEN EASIER.

ENDS APRIL 30TH

ALL-NEW LOW PAYMENT

OWN FOCUS S FOR ONLY **$99**** BI-WEEKLY @ **1.99%** APR

PURCHASE FINANCING FOR 84 MONTHS WITH $500 DOWN.

OFFER INCLUDES FREIGHT AND AIR TAX.

2013 FOCUS S

COMES STANDARD WITH:

- Air conditioning
- Active grille shutters
- 160 horsepower 2.0L I-4 engine

Dealer order may be required.

OR PURCHASE FOR

$17,269*

Focus S offers include $1,650 freight and air tax.

5.5L/100km **51MPG** HWY**
7.8L/100km **36MPG** CITY**

FOCUS S MODEL SHOWN

GET EVEN **MORE** WITH THE 2013 **FOCUS** SE

FOR ONLY **$11** MORE **BI-WEEKLY****

purchase financed for 84 months with $500 down.

OR OWN FOR $19,219*

Focus SE offers include $750 manufacturer rebate and $1,650 freight and air tax.

WELL-EQUIPPED WITH ALL S FEATURES PLUS:

- 6-speaker audio system
- Cruise control
- SYNC® with MyFord®† 4" screen
- 16" steel wheels with full covers
- Power front and rear windows

UPGRADE TO THE 2013 **FOCUS** SE WITH APPEARANCE PACKAGE

FOR ONLY **$4** MORE **BI-WEEKLY****

purchase financed for 84 months with $500 down.

OR OWN FOR $19,819*

Focus SE offers include $750 manufacturer rebate and $1,650 freight and air tax.

ALL SE FEATURES INCLUDING:

- 6-speaker audio system
- Cruise control
- SYNC® with MyFord®† 4" screen
- Power front and rear windows

LOADED WITH EVEN MORE VALUE:

- Spoiler
- Fog lamps with chrome bezel
- Upgraded 16" 5-spoke alloy wheels

Fall in love with a Ford and Swap Your Ride. Only at your BC Ford Store.

Go Further

| bcford.ca |

SiriusXM Available in most new Ford vehicles with 6-month pre-paid subscription

WISE BUYERS READ THE LEGAL COPY: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. Dealer order or transfer may be required as inventory may vary by dealer. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. *Purchase a new 2013 Focus S Sedan/2013 Focus SE Sedan/2013 Focus SE Sedan with Sport Appearance Package for $17,269/$19,219/$19,819. Taxes payable on full amount of purchase price after Manufacturer Rebate of $0/$750/$750 has been deducted. Offers include freight and air tax of $1,650 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Manufacturer Rebates are not combinable with any fleet consumer incentives. **Until April 30, 2013, receive 1.99% annual percentage rate (APR) purchase financing on a new 2013 Focus S Sedan/2013 Focus SE Sedan/2013 Focus SE Sedan with Sport Appearance Package for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Purchase financing monthly payment is $214/$239/$247 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $99/$110/$114) with a down payment of $500 or equivalent trade-in. Cost of borrowing is $1,208.95/$1,349.53/$1,392.79 or APR of 1.99% and total to be repaid is $17,977.95/$20,068.53/$20,711.79. Offers include a Manufacturer Rebate of $0/$750/$750 and freight and air tax of $1,650 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Taxes payable on full amount of purchase price after Manufacturer Rebate deducted. Bi-Weekly payments are only available using a customer initiated PC (Internet Banking) or Phone Pay system through the customer's own bank (if offered by that financial institution). The customer is required to sign a monthly payment contract with a first payment date one month from the contract date and to ensure that the total monthly payment occurs by the payment due date. Bi-weekly payments can be made by making payments equivalent to the sum of 12 monthly payments divided by 26 bi-weekly periods every two weeks commencing on the contract date. Dealer may sell for less. Offers vary by model and not all combinations will apply. ***Estimated fuel consumption ratings for 2013 Focus 2.0L I4 5-speed manual transmission: [7.8L/100km (36MPG) City, 5.5L/100km (51MPG) Hwy]. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading, vehicle equipment, vehicle condition, and driving habits. †Some mobile phones and some digital media players may not be fully compatible with SYNC® - check www.syncmyride.com for a listing of mobile phones, media players, and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Certain MyFord/Lincoln Touch™ functions require compatible mobile devices. Some functions are not available while driving. Only use mobile phones and other devices, even with voice commands, when it is safe to do so. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.